

Lemon Chicken Sandwiches

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Servings: 4

1 lemon
1/3 cup pitted kalamata olives
3 (1-3/4 pound) boneless/skinless chicken breasts
1/2 cup garlic cloves
5 to 6 sprigs fresh thyme
1/2 cup extra-virgin olive oil
2/3 teaspoon Greek seasoning
aluminum foil
4 soft white hamburger buns
8 ounces deli hummus
1/4 cup feta cheese, crumbled

Preparation Time: 10 minutes

Preheat the oven to 375 degrees.

Cut the lemon into very thin slices. Slice the olives.

Place the chicken in a two-quart baking dish. Add the garlic cloves and thyme sprigs around the chicken. Pour the oil over the chicken. Sprinkle with Greek seasoning. Arrange the lemon slices on top of the chicken. Cover with foil.

Bake for 30 to 40 minutes until the chicken is 165 degrees. Let stand for 5 minutes before slicing.

Split the buns. Spread the hummus on the bottom halves. Slice the chicken and arrange over the hummus. Place the olives and roasted garlic cloves on top of the chicken. Top with crumbled feta.

The cooked lemon slices are very tender. They can be served with the chicken or simply discarded.

Per Serving (excluding unknown items): 292 Calories; 29g Fat (86.4% calories from fat); 3g Protein; 8g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 108mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 5 1/2 Fat.