

# Open-Face Chicken and Mushroom Sandwiches

*All-Time Favorites Cookbook Volume 3 (2008)*

*Better Homes and Gardens Magazine*

## **Servings: 4**

*8 ounces fresh asparagus spears,  
trimmed*

*2 tablespoons olive oil*

*salt and coarsely ground pepper*

*4 skinless/boneless chicken breast  
halves*

*4 four-inch portobello mushroom caps,  
stems removed*

*8 slices 1/2-inch-thick country  
Italian bread*

*1 tub (8 ounce) cream cheese spread  
with chive and bacon*

Fold a 36x18-inch heavy-duty foil in half to make an 18-inch square. Place the asparagus in the center. Drizzle with one teaspoon of the oil and sprinkle lightly with salt and pepper. Bring the two sides of the foil together and make a double fold. Double fold each end, leaving room for steam. Set aside.

Brush the chicken and mushrooms with the remaining oil. Sprinkle lightly with salt and pepper.

For a charcoal grill: Place the chicken, mushrooms and foil packet with the asparagus on the rack of the uncovered grill directly over medium coals for 12 to 15 minutes or until the chicken is no longer pink (170 degrees) and the mushrooms are tender, turning once halfway through grilling.

For a gas grill: preheat the grill. Reduce the heat to medium. Grill, covered, for 12 to 15 minutes or until the chicken is no longer pink (170 degrees) and the mushrooms are tender, turning once halfway through grilling.

Remove the chicken, mushrooms and foil packet from the grill. Slice the mushrooms.

Toast the bread slices on the grill rack for 1 to 2 minutes, turning once. Spread one side of the bread slices with cream cheese.

On serving plates, stack half of the bread slices, spread side up, chicken, remaining bread, mushrooms and asparagus.

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Per Serving (excluding unknown items): 91 Calories; 7g Fat (66.1% calories from fat); 3g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 Vegetable; 1 1/2 Fat.

## Per Serving Nutritional Analysis

Calories (kcal):	91	Vitamin B6 (mg):	.1mg
% Calories from Fat:	66.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	23.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	10.5%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	7g	Folacin (mcg):	26mcg
Saturated Fat (g):	1g	Niacin (mg):	5mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value:	0.0%
Carbohydrate (g):	6g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	5mg	Vegetable:	1
Potassium (mg):	462mg	Fruit:	0
Calcium (mg):	6mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	1 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	4mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	91	Calories from Fat: 60
<b>% Daily Values*</b>		
<b>Total Fat</b>	7g	11%
Saturated Fat	1g	5%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	5mg	0%
<b>Total Carbohydrates</b>	6g	2%
Dietary Fiber	1g	6%
<b>Protein</b>	3g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		7%
<b>Calcium</b>		1%
<b>Iron</b>		9%

\* Percent Daily Values are based on a 2000 calorie diet.