



Grilled Chicken BLT with Basil-Mayo

Prep: 20 minutes

Cook: 8 minutes • Serves: 4

- 8 slices smoked bacon (about 8 ounces)
- ½ cup olive oil mayonnaise or regular mayonnaise
- 3 tablespoons chopped fresh basil leaves
- 1 tablespoon fresh lemon juice
- 1½ teaspoons Sriracha chile sauce
- 1 package (about 1¼ pounds) thin sliced boneless, skinless chicken breast fillets
- Nonstick cooking spray
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 loaf (16 ounces) French baguette
- 4 green leaf lettuce leaves
- 2 Roma tomatoes, each cut lengthwise into ⅛-inch-thick slices
- 1 firm-ripe avocado, thinly sliced

1. Prepare outdoor grill for direct grilling over medium heat. In large nonstick skillet, cook bacon over medium heat 6 to 8 minutes or until crisp, turning occasionally. Transfer bacon to paper towels to drain.

2. In small bowl, stir mayonnaise, basil, lemon juice and chile sauce until well combined; set aside.

3. Spray both sides of chicken with nonstick cooking spray; sprinkle with salt and pepper. Place chicken on hot grill rack. Cover and cook 8 to 10 minutes or until chicken loses its pink color throughout and internal temperature reaches 165°, turning once halfway through cooking.

4. Cut baguette horizontally in half, then cut loaf crosswise into 4 equal pieces. Evenly spread mayonnaise mixture on bottom halves of baguette. Layer chicken, lettuce, tomatoes, bacon and avocado over mayonnaise mixture; replace top halves of baguette.

Approximate nutritional values per serving:

714 Calories, 18g Fat (4g Saturated), 95mg Cholesterol, 1388mg Sodium, 76g Carbohydrate, 7g Fiber, 43g Protein