

Grilled Chicken on Baguette with Zucchini, Gouda, and Herb Vinaigrette

Yield: 6 servings

RECIPE CUSTOMIZATION

To make it gluten-free, swap baguette for gluten-free bread

To make it dairy-free, swap cheese for a dairy-free alternative

To make it low-FODMAP, swap onion for green part of green onions or chives

Ingredients

2 Tbsp avocado oil

1 baguette, sliced in half the long way horizontally

3 zucchini, ¼ inch slice on the bias

1 sweet onion, ¼ inch slice

1½ lbs chicken breast, grilled and thinly sliced

8 oz smoked gouda cheese, sliced

1 cup herb vinaigrette
(separate recipe)

Directions

1. Preheat the grill to 400 °F and oven to 350 °F.
2. Lightly brush cut side of the baguette, zucchini, and onion with oil.
3. Place the baguette, zucchini, and onion on the grill. Cook until browned.
4. Remove from the grill, and build one large sandwich. On the bottom of the baguette, layer grilled chicken, zucchini, and onion.
5. Drizzle vinaigrette over the whole sandwich. Top with smoked gouda.
6. Place the sandwich in a preheated oven for about two minutes or until the cheese melts.
7. Remove the sandwich from the oven. Top with the other slice of the baguette, and cut it into six even pieces.
8. Serve the sandwich with the additional vinaigrette on the side.

Herb Vinaigrette

Nutrition Facts

Serving size 1 (1oz)

Amount Per Serving **29g**

Calories **156**

% Daily Value

Total Fat 17g **26%**

Saturated Fat 2.2g **11%**

Cholesterol 0mg **0%**

Sodium 444mg **19%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **1%**

Sugars 1g

Protein 0g **0%**

Vitamin A **0%**

Vitamin C **0%**

Calcium **1%**

Iron **1%**

Grilled Chicken on Baguette with Zucchini, and Gouda

Nutrition Facts

Serving size 1 (12.3oz)

Amount Per Serving **348g**

Calories **474**

% Daily Value

Total Fat 17.7g **27%**

Saturated Fat 8.4g **42%**

Cholesterol 161mg **54%**

Sodium 632mg **26%**

Total Carbohydrate 30g **10%**

Dietary Fiber 2g **10%**

Sugars 8g

Protein 50g **100%**

Vitamin A **8%**

Vitamin C **34%**

Calcium **32%**

Iron **15%**

LAUNCH 
my health

 Wellbeats™

Share your healthy eats
with us @Wellbeats

