



Grilled Lime Chicken & Bell Pepper Panini with Chipotle-Avocado Cream

Prep: 20 minutes plus marinating

Grill: 15 minutes • Serves: 4

- 2 garlic cloves, minced
- ½ cup fresh lime juice
- ⅓ cup olive oil
- 1 tablespoon lime zest
- 2 teaspoons smoked paprika
- 1 teaspoon dried cilantro
- 4 boneless, skinless chicken breasts (about 6 ounces each)
- 1½ medium green, red and/or yellow bell peppers, thinly sliced
- ½ small red onion, thinly sliced
- ½ medium avocado, peeled and pitted
- ¼ cup sour cream
- ½ teaspoon chipotle powder
- 4 ciabatta rolls, halved lengthwise
- 4 slices pepper Jack cheese

1. Prepare outdoor grill for direct grilling over medium-high heat. In medium bowl, whisk garlic, lime juice, oil, lime zest, paprika and cilantro.

2. Place chicken breasts 3 inches apart between plastic wrap on cutting board. With flat end of meat mallet, pound chicken to ½-inch thick. Place chicken in large zip-top plastic bag; pour ½ the marinade over chicken. Seal bag, pressing out excess air; refrigerate 30 minutes or up to 8 hours.

3. Cut 18 x 24-inch sheet aluminum foil. In medium bowl, toss peppers, onion and remaining marinade; transfer to 1 side of foil sheet. Fold foil in half over vegetables; tightly crimp edges of foil to seal.

4. Remove chicken from marinade; discard marinade. Place chicken and foil packet on hot grill rack; cover and cook chicken 8 minutes or until internal temperature reaches 165°, turning once; cook foil packet 15 minutes or until vegetables are tender.

5. In small bowl, mash avocado with fork; stir in sour cream and chipotle powder.

6. Spread bottom halves of rolls with avocado mixture; top with chicken, vegetables, cheese and top halves of rolls. Place sandwiches on hot grill rack; place foil and heavy skillet on top to weigh down. Grill 5 minutes or until grill marks appear and cheese melts, turning once.

*Approximate nutritional values per serving:
657 Calories, 29g Fat (9g Saturated), 121mg Cholesterol,
589mg Sodium, 52g Carbohydrates, 4g Fiber, 6g Sugars,
2g Added Sugars, 47g Protein*