

Chicken and Sun-Dried Tomato Melt

A Cooking in College original!

- Servings – 2 sandwiches
- Prep time – 5 minutes
- Cook time – 15 minutes

Ingredients

- 2 chicken breasts
- Dried basil
- Salt and Pepper
- ½ cup sun-dried tomatoes
- ¼ cup olive oil
- 1 small onion, sliced into arcs
- 2 slices provolone cheese
- 2 pieces of focaccia bread, sliced open

Protocol

1. Cut chicken breasts long ways (ie. make them thinner) and season the chicken breasts with a sprinkle of basil and dashes of salt and pepper.
2. Heat a few tablespoons of olive oil in a pan over medium heat, cook the chicken breasts until no longer pink in the middle (See our week night chicken recipe).
3. While chicken is cooking, use a food processor to combine sun-dried tomatoes and olive oil. Pulse until almost pasty.
4. Evenly spread the sundried tomato paste over the two halves of the focaccia bread.
5. After the chicken is cooked, use the same pan to caramelize the onions by slowly cooking the onions over medium heat (tip: add a dash of baking soda over the onions to expedite the process).
6. On top of the focaccia slices, layer the chicken, caramelized onions, and provolone cheese.
7. Leave the sandwich open face and place under the broiler for about 1 minute or until cheese begins to melt.
8. Place the other slice to “close” the sandwich, serve and enjoy!