

Taylor County (Region 5): "Cardinal Corral"

Cardinal Chicken Melt

12 slices whole wheat bread

½ tbsp. basil

½ tbsp. oregano

6 slices American Cheese

¼ cup tomato paste

¼ cup low fat milk

Spray canola oil

1 garlic clove, minced

¼ cup mushrooms, minced

¼ cup carrots, minced

¼ cup onion, minced

¼ cup peppers, minced

2 chicken breasts

1 tbsp. olive oil

2 pickle slices and 2 cherry tomatoes

Toothpicks (one on each toothpick)

Preheat oven to 350 degrees F.

Cook chicken in ½ tbsp. olive oil until done. Shred the chicken and set aside

Mince the basil and oregano. Add to a small pan with the tomato paste and milk. Cook over low until well heated. Mince the carrots, mushrooms, onions, and garlic. Place ½ tbsp. olive oil in pan and sauté vegetables for about 10 minutes.

Spray a small amount of canola oil on slices of bread. Place this side down on sprayed cookie sheet. Mix the vegetables and tomato paste together. Divide this mixture and spread onto the slices of bread.

Divide the chicken onto the slices of bread and place a slice of cheese on each slice. Top with remaining bread.

Place another cookie sheet on top of the bread to give a crispy texture to the top slice of bread. Cook in oven for 12 minutes.

Cut into two triangles and garnish each slice with a pickle, cherry tomato toothpick.