

CHICKEN AND HAM MELTS

Yield: 4 Servings



TOTAL TIME: 35 minutes

INGREDIENTS

- ¼ cup white wine vinegar
- 2 Tbsp. Dijon mustard
- 2 garlic cloves, chopped
- Coarse salt and ground pepper
- 4 boneless, skinless chicken breast halves (6 to 8 oz. each), split horizontally
- 1 baguette (about 20 inches), split horizontally, then cut in half
- 4 Tbsp. apricot preserves
- 4 slices sliced deli ham
- 2 oz. white cheddar cheese, grated (½ cup)

PREPARATION

1. Heat broiler, with rack set 4 inches from heat. Line a rimmed baking sheet with foil. In a shallow dish or resealable plastic bag, combine vinegar, mustard, garlic, ½ tsp. salt, and ¼ tsp. pepper; add chicken, and turn to coat. Marinate at room temperature for 10 min., or cover and refrigerate in marinade up to 24 hours.
2. Lift chicken from marinade, and place on prepared baking sheet. Discard remaining marinade. Broil without turning until meat is opaque throughout.
3. Place baguette pieces on a clean baking sheet, cut side up. Spread 1 Tbsp. of preserves evenly on each piece, layer with chicken and ham, then sprinkle with cheese. Broil until cheese has melted, about 4 min.

NUTRITION

Per serving: Calories: 446; Fat: 12 g (4 g saturated fat); Cholesterol: 132 mg; Carbohydrates: 39 g; Protein: 46 g; Fiber: 1 g; Sodium: 862 mg.