Salt and Serenity

Mediterranean Chicken Sandwich

Serves 3-4

1 pint grape or cherry tomatoes

2 teaspoons olive oil

½ teaspoon kosher salt

¼ teaspoon black pepper

1 pound boneless skinless chicken breasts

2 teaspoons olive oil

½ teaspoon kosher salt

¼ teaspoon black pepper

¼ cup red wine vinegar

¼ cup water

1 tablespoon kosher salt

1 teaspoon sugar

3 large shallots or ½ large purple onion, peeled and thinly sliced

¼ cup olive tapenade

¼ cup mayonnaise

1 teaspoon chipotle chile in adobo or chipotle Tabasco

1 avocado, peeled and thinly sliced, sprinkled with salt and pepper

2 cups micro greens or arugula, washed and dried

1 large baguette, sliced in half and toasted or grilled

- 1. Preheat oven to 375°F. Line 2 small baking sheets with parchment paper. On the first baking sheet, mix grape tomatoes with 2 teaspoons of olive oil and sprinkle with salt and pepper. On the second baking sheet, place the chicken breasts and drizzle both sides with olive oil. Sprinkle with salt and pepper. Roast tomatoes and chicken in oven for about 20-25 minutes, until tomatoes are slightly wrinkled and chicken breasts register 140°F with an instant read thermometer. Remove from oven and let chicken and tomatoes cool slightly. Thinly slice chicken once it has cooled.
- 2. While tomatoes and chicken are roasting, mix together red wine vinegar, water, salt and sugar in a small mixing bowl. Add shallots or red onion and allow to pickle for 20 -30 minutes. Drain and discard pickling liquid.
- 3. Mix mayo with chipotle in adobo or Tabasco.
- 4. Spread bottom half of toasted baguette with olive tapenade. Cover with sliced chicken, avocado, roasted tomatoes, pickled onions and arugula or micro greens. Spread top half of baguette with chipotle mayo and cover sandwich. Use a serrated knife to slice sandwich into 3 or 4 individual sandwiches.