



Baja-BBQ Chicken Sandwich

Juicy grilled chicken filet served on a whole grain bun with slow roasted onions, pineapple-jalapeno BBQ sauce and fresh cilantro.

Servings: 10 chicken sandwiches (1 per serving)

Ingredients	Amount	Amount
Tyson® Grilled Made with Whole Muscle Filet, 2.26 oz.		10 ea.
Whole Grain Hamburger Buns, split, 3.5"		10 ea.
Yellow Onions, fresh, sliced into ¼" thick rings	8 oz.	40 rings ea.
Pineapple-Jalapeno BBQ Sauce (see sub-recipe)	6 oz.	10 Tbsp.
Cilantro Leaves, fresh		10 tsp

DIRECTIONS:

1. Arrange the slices of yellow onions in a single layer on a sheet pan lined with parchment paper and cover tightly with aluminum foil. Slow roast the pan of onions in a preheated 350°F convection oven for 25-30 minutes.
2. Arrange the frozen grilled chicken filets in a single layer on a sheet pan lined with parchment paper and cover tightly with aluminum foil. Heat the covered pan of grilled filets in a preheated 350°F convection oven for 16-20 minutes, or until they reach a minimum internal temperature of 165°F.
3. Lightly toast the whole grain hamburger buns in a preheated 350°F convection oven for 1-2 minutes.
4. To build the chicken sandwiches evenly spread 1-tablespoon of the prepared pineapple-jalapeno BBQ sauce on each toasted bottom bun half, and then top the BBQ sauce with 1-teaspoon of cilantro leaves. Next arrange 1 filet atop each bottom bun with BBQ sauce and cilantro, and then top each filet with 4 slices each of the prepared slow roasted onions. Close the sandwiches with the top half of each bun and serve. One Baja Chicken Sandwich per serving.

TYSON® PRODUCTS USED:

#70320-928, Tyson® Grilled Whole Muscle Filets

Pineapple-Jalapeno BBQ Sauce

Baja-BBQ Chicken Sandwich

Yield: 10-tablespoons (approximately 6-ounces)

Ingredients	Amount	Amount
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BBQ Sauce	3.50 oz.	5½ Tbsp.
Crushed Pineapple, canned, drained well	1.25 oz.	2¼ Tbsp.
Jalapenos, fresh, finely minced	1 oz.	2¼ Tbsp.
Lime Juice, bottled	0.15 oz.	1 tsp
Ground Cumin, dried		¼ tsp

DIRECTIONS:

1. Combine all the ingredients in a mixing bowl and whisk together until thoroughly combined. Hold the prepared pineapple-jalapeno BBQ sauce.

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CN Portion	1 piece
M/MA (oz)	2.00
Grain (oz)	0.00
Vegetable (oz)	0.00
Calories	100
Total Fat (g)	4.00
Saturated Fat (g)	1.00
Sodium (mg)	300
Carbs (g)	2
Protein (g)	15

