



Our Family Recipes

Kerry's Grilled Chicken and Roasted Red Pepper Sandwich with Fontina Cheese

(Kerry Finley, ALA East Palo Alto Unit 472)

A garlic-herb marinade gives the chicken a flavorful jump start. You can serve an entire quarter or cut each quarter into two wedges. Serve with vegetable chips.

1 pound skinless, boneless chicken breast halves
1 T fresh lemon juice
1 T Dijon mustard
2 t extravirgin olive oil
¼ t dried marjoram
¼ t dried thyme
5 garlic cloves, minced and divided
Cooking spray
1 cup vertically sliced onion
1 t sugar
¾ t fennel seeds, crushed
¼ t crushed red pepper
¼ t salt
1 (7-ounce) bottle roasted red bell peppers, drained and sliced
1 T red wine vinegar
⅛ t freshly ground black pepper
1 (12-ounce) loaf rosemary focaccia, cut in half horizontally
4 t low-fat mayonnaise
3 ounces fontina cheese, thinly sliced

Place chicken between 2 sheets of heavy-duty plastic wrap, and pound to ¾-inch thickness using a meat mallet or rolling pin.

Combine juice, mustard, oil, marjoram, thyme, 1 garlic clove, and chicken in a large zip-top plastic bag; seal. Marinate in refrigerator 2 hours, turning occasionally.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add remaining 4 garlic cloves, onion, sugar, fennel, crushed red pepper, and salt, and sauté 1 minute. Add roasted bell peppers; cook 5 minutes or until onions are tender, stirring frequently. Stir in vinegar and black pepper.

Prepare grill to medium-high heat.

Remove chicken from bag; discard marinade. Place chicken on grill rack coated with cooking spray; grill 5 minutes on each side or until done. Cool slightly; cut chicken into slices.

Spread cut sides of bread evenly with mayonnaise. Arrange cheese on bottom half of bread. Arrange chicken and pepper mixture over cheese. Top with top half of bread; press lightly.

Place stuffed loaf on grill rack; grill 3 minutes on each side or until cheese melts. Cut into quarters.

The recipes in this collection are handed down from generation to generation. In almost every case, these recipes were taken from hand-written notes. Whenever it was evident that the recipe was not original, the source is mentioned. Similarities to other's recipes is purely coincidental.