

# Grilled BBQ Chicken Sandwich

**Prep Time: 5 minutes | Cook Time: 15 minutes | Servings: 4**

Serving Size: 1 Sandwich; Calories 505; Total Fat 39g; Saturated Fat 9g; Sodium 1147mg; Total Carbohydrate 33g; Dietary Fiber 0g; Protein 39g

## Equipment Needed:

- Gas or charcoal grill
- Meat thermometer
- Tongs

## Ingredients:

- 4 small chicken breasts
- 4 hamburger buns
- 1 cup BBQ sauce
- 4 slices of bacon, cooked
- 4 slices of Colby-Jack cheese
- Salt
- Pepper
- BBQ seasoning



## Instructions:



1. If chicken breasts vary in thickness, use a meat tenderizer to pound until all are even-sized.



2. Season both sides of the chicken with salt, pepper and BBQ seasoning.



3. Grill chicken over medium heat for six to seven minutes per side. Brush occasionally with BBQ sauce while cooking.



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## Instructions Continued:



4. Grill chicken until cooked through to 165°F. Insert meat thermometer horizontally into chicken for proper temperature reading.



5. Top chicken with cheese slices and allow to melt before removing chicken from the grill.



6. Build your sandwich with buns, bacon and chicken. Finish with additional BBQ sauce.

**\*Note:** Feel free to use your favorite cheese in place of Colby-Jack cheese.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with [#FoodFun4H](#) [#Indiana4H](#)

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