

Grilled Chicken and Pineapple Sandwiches



Tickle your palate with a taste of the tropics.

Pineapple has a natural juiciness that gives this sandwich an irresistible taste. The fruit also offers a healthy reason for indulging: It's a high source of vitamin C.

Prep: 6 minutes; Cook: 10 minutes

Yield:

4 servings (serving size: 1 sandwich)

Ingredients

4 (6-ounce) skinless, boneless chicken breast halves
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
Cooking spray
1/4 cup fresh lime juice (about 2 limes)
4 (1/2-inch-thick) slices fresh pineapple
4 (1.5-ounce) whole wheat hamburger buns, toasted
Light mayonnaise (optional)
4 large basil leaves

Preparation

1. Prepare grill.
2. Sprinkle chicken evenly with salt and pepper. Place chicken on grill rack coated with cooking spray; grill 5 to 6 minutes on each side or until done, brushing occasionally with lime juice. Grill pineapple 2 to 3 minutes on each side or until browned.
3. Spread mayonnaise on bottom halves of buns, if desired. Top each with 1 chicken breast half, 1 pineapple slice, 1 basil leaf, and 1 bun top. Serve immediately.