

Cajun Chicken Sandwich



Lots of flavor with hardly any work

Serves 4

4 boneless, skinless chicken breasts	2 onions, thinly sliced	1T Frank's Red Hot Sauce ~ more or less, to taste
1T your favorite Cajun seasoning	1 red bell pepper, thinly sliced	4 slices pepper jack cheese
1t garlic powder	1 green bell pepper, thinly sliced	4 onion buns, or you favorite rolls
2T orange juice	1/2c Thousand Island Dressing	
2T olive oil		

Place chicken breasts in large zip~lock bag. Mix together Cajun seasoning, garlic powder, orange juice and olive oil and pour over chicken. Seal and refrigerate at least 2 hours.

Preheat grill to medium~high heat and spray grill grates with non~stick cooking spray. Remove chicken from marinade and cook approximately 10~12 minutes on each side or until chicken is cooked through and juices run clear when pierced with a fork.

While chicken is cooking, place a piece of heavy~duty foil on other side of grill and spray with non~stick cooking spray. Place onions and peppers on foil and cook, turning occasionally, until softened.

Mix together Thousand Island Dressing and Frank's Red Hot Sauce until well blended. When chicken is cooked through, spread bun with Thousand Island mixture, add a piece of pepper jack cheese, a chicken breast and top with sautéed onions and peppers.

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