



Sparkle Kitchen

Smoky Mountain Chicken Sandwiches

Ingredients

- 4 chicken breasts
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon olive oil
- 1 cup barbecue sauce
- 1 cup water or chicken stock
- 4 slices deli ham
- 4 slices provolone cheese
- 4 sandwich rolls or buns
- 2-3 green onions, diced

Preheat your oven to 375 degrees.

Heat the olive oil in an oven-proof skillet that's just big enough to hold the chicken breasts in a single layer. Sprinkle the chicken breasts with salt and pepper, then—when the oil is hot—brown them up, letting them cook for about 5 minutes per side.

Pull the chicken off the heat and very carefully pour the water or stock into the bottom of the skillet. Then, slather the barbecue sauce on top of the chicken breasts. Put the whole skillet in the oven and bake for about 20 minutes or until the chicken reaches an internal temperature of 160 degrees.

While the chicken is cooking, arrange the rolls—tops and bottoms separated—on a large baking sheet. When the chicken is done, top each roll with a chicken breast, a slice of ham, and a slice of cheese. Leaving the sandwiches open-faced, pop them under a broiler set to medium until the cheese is bubbly and starting to brown.

(Note: Food under a broiler can go from uncooked to blackened cinders in very short order, so I recommend setting a timer and checking on these every two minutes until they're done. Mine only took about five minutes, so you won't have to do it for long, promise.)

Sprinkle the diced green onions into the gooey cheese, match your bun tops with their bottoms, and tuck in!