



GRILLED BUFFALO CHICKEN AND AVOCADO SANDWICHES

NIBBLEDISH CONTRIBUTOR

Ingredients

1 tablespoon vegetable oil

1/2 teaspoon salt

3/4 to 1 teaspoon hot sauce

1 pound chicken breast cutlets

1 fully ripened avocado from Mexico, halved, pitted, peeled and cut into 16 slices

4 Ciabatta or other flat rolls (about 4 inches)

1/2 cup prepared blue-cheese dressing

4 Boston lettuce leaves

1 large ripe tomato (about 8 ounces), cut into 8 slices

Instructions

Preheat grill. Combine oil, salt, and 1/2 teaspoon hot sauce in a medium bowl. Add chicken cutlets and toss until all are coated with the mixture. Grill until chicken has cooked through, 8 to 10 minutes, turning once. Brush tops of cutlets with remaining hot sauce to taste. Split rolls crosswise almost in half and spread the bottoms with 1 tablespoon blue-cheese dressing each. Divide lettuce, tomatoes, chicken,

and avocado slices among rolls; top with remaining blue-cheese dressing and close rolls.

Yield: 4 servings