

Chicken Tartine with Arugula & Tangerine Vinaigrette

What is a tartine you ask? A tartine is a French, open-faced sandwich. In other words, there is only one slice of bread. That means fewer carbs and fewer calories and, if you're on Weight Watchers like me, fewer points! This one utilizes that leftover chicken you might have, or simply bake up some chicken breasts with salt and pepper and slice it!

CHICKEN TARTINE



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For lunch or for a light dinner, this is a delicious way to go!

What you need:

- 8 oz. cream cheese (I use the light) – softened
- 6 cloves of garlic, crushed
- 8 medium slices of sourdough bread
- 12 oz. of cooked chicken – baked or rotisserie is perfect
- 2 heirloom tomatoes, sliced
- 3 Tablespoon olive oil
- 1 Tablespoon citrus flavored vinegar
- Pinch of salt
- 4 cups arugula

How to Do it:



Mix the garlic into the cream cheese and allow to sit at room temperature for about 2-4 hours.



Brush the slices of bread lightly on both sides with 2 tablespoons of the olive oil and toast in a 350 degree oven until very lightly browned.



Spread each slice of the bread with equal amounts of the cream cheese.

Top with the tomatoes and the chicken.



Put back into the oven for about 15 – 20 minutes, until the tartine is warm.

While sandwich is warming, whisk the remaining 1 tablespoon of olive oil with the vinegar and salt and toss the arugula gently in the mixture.

Remove the tartines from the oven and top each with some of the arugula.



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Makes 4 servings of 2 tartines.



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