

## Cajun Chicken BLT

Yield: 4 servings, 1 sandwich each



### Ingredients

GREY POUPON Classic Dijon Mustard  
KRAFT Extra Heavy Mayonnaise  
Boneless skinless chicken breast halves (4 oz.)  
Cajun seasoning  
Croissants (4 oz.), split in half  
OSCAR MAYER Fast Prep Precooked Bacon  
Leaf lettuce leaves  
Tomatoes, sliced

### Weights

1 oz.  
-  
8 oz.  
-  
-  
1 oz.  
1 oz.  
6 oz.

### Measures

2-1/2 Tbsp.  
1-1/2 Tbsp.  
2 each  
2 tsp.  
2 each  
4 slices  
2 each  
1 each

### Directions

**MIX** mustard and mayonnaise until well blended. Set aside

**RUB** chicken with Cajun seasoning. Preheat grill to medium/high; cook chicken 5 to 6 minutes on each side or until chicken is cooked through (170°F).

**FOR** each serving: Spread cut sides of each croissant with 1 Tbsp. of the mustard mixture.

**PLACE** 1 chicken breast half, 2 bacon slices, 1 lettuce leaf and 3 tomato slices on bottom half of croissant; cover with top half of croissant. Cut crosswise in half to serve. Secure each half with 4-inch frilled toothpick.

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