



We love sandwiches. We love cheese and we love chicken. And when all this is put together in this Grilled Cheese Chicken Sandwich, you have edible fun!

Ingredients

2 cups of ndengu (green grams)

1/2 a tomato, sliced

1/2 red onion, finely diced

3 garlic cloves, minced

1/2 green bell pepper

1 tablespoon of black pepper

Cheddar cheese

4 slices of bread

2 large drumsticks (left overs)

Method

Remove the crust from the chicken and using a fork, strip the flesh off the chicken by scrapping it off. If your chicken does not have a crust, just begin by scraping it off.

Heat some vegetable oil in a pan and add the chicken strips together with the black pepper. Allow them to stay on the heat for about 5 minutes or until they develop a deeper brown color. Remove from the heat and set aside.

In the same pan, fry your onions and green bell peppers until they have softened. This will take 2-4 minutes. Remove from heat and set aside.

Put your bread on a grill with some cheese on top. Add the chicken. Once the cheese starts melting, and more on top of the chicken followed by the peppers and onion, lastly, the fresh tomatoes. Top this with the top piece of bread then dig in!

Refer to blog post for an easy and convenient shortcut to this recipe.



SERVE WITH: on their own with some fresh juice or soda.

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/grilled-cheese-chicken-sandwich/>