

# Roasted Chicken, Zucchini, and Ricotta Sandwiches on Focaccia



## Ingredients

1 teaspoon lemon zest grated
1 tablespoon olive oil
0.3 cup parmesan cheese freshly grated
4 purchased roasted chicken breasts thinly sliced
2 teaspoons salt
15 ounce whole-milk ricotta cheese
2 large tomatoes, thinly sliced

16 inch ciabatta bread halved

	2 medium zucchini shredded	
Equipment		
	bowl	
	frying pan	
	baking sheet	
	broiler	
	colander	
Directions		
	Mix zucchini and salt in medium bowl.	
	Transfer to colander; set over bowl.	
	Let stand 15 minutes to drain liquid from zucchini. Rinse and drain zucchini. Squeeze zucchini to remove liquid.	
	Heat oil in large skillet over medium heat.	
	Add zucchini and sauté 2 minutes. Cool slightly.	
	Add ricotta, Parmesan and lemon peel to zucchini. Stir to blend. Season to taste with salt and pepper. (Can be made 8 hours ahead. Cover; chill.)	
	Preheat broiler. Arrange focaccia pieces cut side up on baking sheet. Broil focaccia just until lightly toasted.	
	Spread ricotta mixture generously over 8 focaccia pieces. Broil until ricotta mixture is heated through and beginning to brown in spots, about 4 minutes.	
	Top 4 focaccia pieces with tomato slices, then with chicken slices, dividing equally.	
	Sprinkle with salt and pepper. Cover with remaining 4 focaccia pieces, ricotta-mixture side down.	
	Cut sandwiches diagonally in half and serve.	
Nutrition Facts		
	PROTEIN 48.83% FAT 40.41% CARBS 10.76%	

## **Properties**

#### **Flavonoids**

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 1.17mg, Quercetin: 1.17mg, Querceti

#### Nutrients (% of daily need)

Calories: 582.57kcal (29.13%), Fat: 25.76g (39.63%), Saturated Fat: 12.16g (75.98%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 13.2g (4.8%), Sugar: 5.16g (5.73%), Cholesterol: 205.86mg (68.62%), Sodium: 1550.97mg (67.43%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 70.03g (140.07%), Vitamin B3: 24.68mg (123.42%), Selenium: 65.28µg (93.25%), Phosphorus: 658.9mg (65.89%), Vitamin B6: 1.32mg (65.81%), Vitamin C: 30.65mg (37.16%), Calcium: 327.32mg (32.73%), Vitamin B2: 0.53mg (31.46%), Vitamin A: 1517.55IU (30.35%), Potassium: 1035.97mg (29.6%), Zinc: 3.7mg (24.64%), Magnesium: 91.52mg (22.88%), Vitamin B5: 2.19mg (21.89%), Vitamin B12: 1.03µg (17.18%), Manganese: 0.32mg (16.06%), Iron: 2.86mg (15.9%), Vitamin K: 15.3µg (14.57%), Folate: 57.25µg (14.31%), Vitamin B1: 0.21mg (14.27%), Vitamin E: 1.73mg (11.52%), Copper: 0.22mg (10.8%), Fiber: 2.24g (8.95%), Vitamin D: 0.42µg (2.77%)