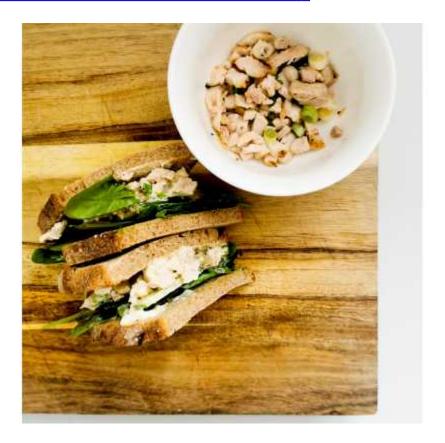
Chicken-Salad Sandwich



Discover our mouthwatering Chicken Salad Sandwich recipe, a perfect blend of flavors and freshness. Prepare this easy meal by following our simple steps and indulge in the delicious combination of tender chicken and crisp vegetables.

Preparation 5 min
Cooking 0 min
Portion 1
Nutrition Facts (per serving)
Calories 340 kcal
Fat 11 g
Carbohydrates 25 g
Fibre 5 g
Protein 31 g
Sodium 375 mg

Ingredients

Filling

- 125 ml (½ cup) cooked chicken, diced (This recipe is perfect for passing on leftover cooked chicken. Any cut of chicken can be used to make this recipe.)
- ½ green onion, chopped
- 10 ml (2 tsp) mayonnaise
- 5 ml (1 tsp) plain yogurt*
- 5 ml (1 tsp) Dijon mustard
- Pepper and salt, to taste

Sandwich

- 2 slices of whole wheat bread
- Lettuce
- Cucumber slices

Note: Using plain yogurt in the filling reduces the amount of mayonnaise and fat in the sandwich.

Preparation

- 1. Combine all "topping" ingredients.
- 2. If desired, toast bread. Assemble sandwich with filling, lettuce and cucumber slices.
- 3. Serve with raw vegetables or salad for a complete lunch.

Notes

Can be kept for 2 days in the refrigerator. Does not freeze.



Elsa Rochette