

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