

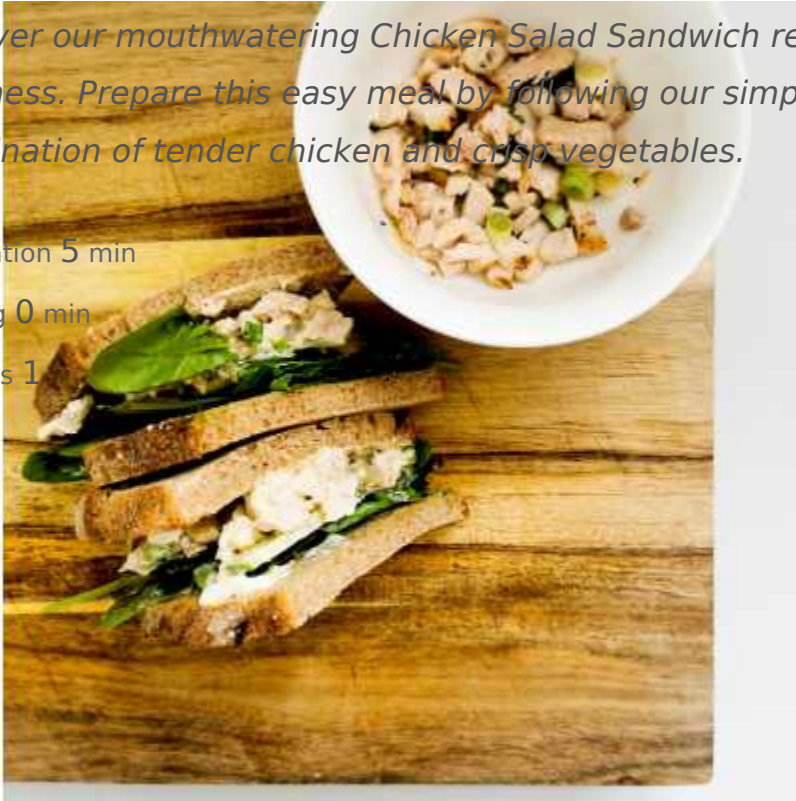
Chicken-Salad Sandwich

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

Servings 1



Nutrition Facts (per serving)

Calories 340 kcal

Fat 11 g

Carbohydrates 25 g

Fibre 5 g

Protein 31 g

Sodium 375 mg

- 5 ml (1 tsp) Dijon mustard
- Pepper and salt, to taste

Préparation

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



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