

# Chicken Salad Sandwich

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**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

**Serves:** 4

**Prep:** 15 minutes

## INGREDIENTS

- 1 1/2 cups cooked chicken, chopped
- 1/2 cup celery, diced
- 1 small onion, diced
- 1/2 cup lite mayonnaise or salad dressing
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 slices of whole wheat bread

## DIRECTIONS

1. In a medium bowl, mix together chicken, celery, onion, mayonnaise or salad dressing, salt and pepper.
2. Serve on bread as a sandwich or on top of lettuce or spinach for a salad.

Notes:

- Serve with tomato, avocado, green onion or fresh herbs for extra flavor and color.
- Substitute the chicken for 1 1/2 cups of cooked turkey or ham, or 6 hard cooked eggs.



### Nutrition Information

*Serving size: 1 sandwich*

<b>Calories</b>	<b>258</b>
<b>Total fat</b>	<b>13 g</b>
Saturated fat	2 g
<b>Cholesterol</b>	<b>50 mg</b>
<b>Sodium</b>	<b>603 mg</b>
<b>Carbohydrates</b>	<b>16 g</b>
Fiber	3 g
Sugar	3 g
<b>Protein</b>	<b>19 g</b>

Recipe source: Betty Crocker