

Quick Chicken Salad on a Bun

This quick and easy sandwich will help you use up any leftover chicken breast and fresh vegetables in your fridge. Add a glass of milk and a piece of fruit to make a quick, healthy and complete meal!



Ingredients:

2	Whole wheat hot dog buns	2
2	Lettuce leaves	2
½ cup	Chicken breast, diced	125 mL
¼	Red pepper, diced	¼
4	Celery stalks, diced	4
2 Tbsp	Plain 1% M.F. yogurt	30 mL
1	Green onion, chopped	1
¼ tsp	Paprika	1 mL
¼ tsp	Dill weed, dried	1 mL
1 tsp	Balsamic vinegar	5 mL

Directions:

1. Cut open hot dog buns and place lettuce on buns.
2. Toss together chicken breast, red pepper, celery, yogurt, green onion, paprika, dill weed, and balsamic vinegar in a bowl.
3. Divide chicken salad between buns.
4. Wrap in plastic film or parchment paper and refrigerate until ready to be served.

Makes 2 servings (1 sandwich / 211 g)

Source: developed by Terry B. for Apple, Alberta Health Services' health and wellness magazine

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Nutrition Facts	
Per ½ of recipe (211 g)	
Amount	% Daily Value
Calories 210	
Fat 3.5 g	5 %
Saturated 1 g + Trans 0 g	5 %
Cholesterol 35 mg	
Sodium 310 mg	13 %
Carbohydrate 28 g	9 %
Fibre 5 g	20 %
Sugars 8 g	
Protein 18 g	
Vitamin A	25 %
Vitamin C	60 %
Calcium	10 %
Iron	15 %

Nutrient Claim	Amount per serving
High in fibre	5 g
Low in saturated fat	1 g
Very high in potassium	601 mg
Source of calcium	121 mg
Very high in magnesium	65 mg
High in folate	45 mcg
Source of iron	1.8 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	2
Grain Products	2
Milk and Alternatives	0
Meat and Alternatives	½

This is a Choose Most Often recipe (Mixed Dish–Meat-based) according to the Alberta Nutrition Guidelines.