

GRAND PRIZE WINNER!

Chicken, Fruit & Nut Salad Sandwiches



INGREDIENTS

Makes 2 Servings

Time: 10 minutes

⅓ cup refrigerated grilled chicken breast strips

3 Tablespoons diced apple with skin on

6 medium seedless red grapes

2 Tablespoons dried cranberries (50% less sugar)

2 Tablespoons toasted almonds

Pinch of salt

½ teaspoon apple cider vinegar

3 Tablespoons light salad dressing (mayo-type)

2 multigrain pre-sliced sandwich thins

2 Tablespoons chive and onion cream cheese spread

⅓ cup chopped romaine lettuce

“This creative combination of healthy ingredients (whole grains, lean protein, fruit, and nuts) is easy and delicious!”

Serving Size: 1 sandwich (156 g)
Servings Per Recipe: 2
Total Calories: 288
Total Fat: 11 g

Saturated Fat: 3 g
Cholesterol: 16 mg
Sodium: 638 mg
Carbohydrates: 40 g

Dietary Fiber: 7 g
Total Sugars: 15 g
Added Sugars: 12 g
Protein: 11 g

Vitamin D: 0 mcg
Calcium: 88 mg
Iron: 2 mg
Potassium: 45 mg

INSTRUCTIONS

- 1) Wash hands with soap and water.
- 2) Cut the chicken strips into ½-inch pieces and add them to a medium bowl. Wash cutting board and knife. Wash hands with soap and water.
- 3) Scrub the apple using a clean vegetable brush under running water. Gently rub grapes under cold running water. Dry the apple and grapes with a clean towel.
- 4) Cut the apple and grapes into small pieces and add to the bowl with the chicken. Chop the cranberries and almonds, and add them to the bowl.
- 5) Season with a pinch of salt. Add the dressing and vinegar, and stir to combine.
- 6) Separate sandwich thins and lightly toast to firm; cool for about two minutes.
- 7) While the sandwich thins are toasting, gently rub romaine lettuce under cold running water, then pat dry with clean towels.
- 8) Place sandwich thin bottoms on a clean work surface and spread each with 1 Tablespoon of cream cheese.
- 9) Top sandwich thin bottoms with romaine leaves and then chicken salad in equal portions. Cover with sandwich thin tops.



Recipe and photo submitted by Cole

Cole has been cooking and baking since he was 5 years old. He likes to look at recipes and change them to make them his own. Cole enjoys cooking for his family with the help of his great-grandmother, Barb.



NOTES: Packages of fully-cooked grilled chicken strips can be found refrigerated in the meat department of supermarkets. The chicken salad can be made ahead and chilled in the fridge at 40 °F or below for an hour before making the sandwiches.