

Chicken Apple Salad Sandwich

Makes: 4 Sandwiches

Ingredients

1/4 pound cooked, shredded chicken
1 cup chopped celery (one stalk)
1/2 cup chopped apple (one apple)
1/3 cup light mayonnaise
1 lemon, juiced
1 package raisins (small box, 1.5 ounces)
8 slices whole wheat bread
1 cup chopped walnuts (optional)

Directions

1. Combine all ingredients except for bread together in a bowl.
2. Create 4 sandwiches on whole wheat bread.

Notes

- May substitute approximately 3 Tablespoons of lemon juice for 1 fresh lemon, juiced.
- Suggest serving sandwiches with lettuce and tomato.

Total: \$3.03

Per Serving: \$0.76

Source: Produce for Better Health Foundation



Nutrition Facts	
4 servings per container	
Serving size	(156g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 420mg	18%
Total Carbohydrate 50g	18%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 3mg	15%
Potassium 177mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.