

# SUMMERTIME CHICKEN SALAD SANDWICH



## INGREDIENTS

### Chicken Salad Ingredients

1 cup + 3 Tbs	Light mayonnaise
1 cup + 3 Tbs	Low-fat plain yogurt
12 oz	Celery stalks (chilled, diced)
3 lb	Chicken (cooked, diced)
1 1/4 oz	Scallions (thinly sliced)
3 1/2 oz	Cranberries (dried, sweetened)
1 1/4 oz	Toasted almonds (sliced)
1 3/4 cup	Mandarin oranges (canned)
4 3/4 oz	Raisins
1 tsp	Tarragon (dried)
1 1/4 tsp	Basil (dried)
1/4 tsp	Granulated garlic
3/8 tsp	Black pepper

### Sandwich Ingredients

20 svg	Wheat hamburger roll
20 svg	Chicken salad (5 oz per serving)
20 oz	Tomatoes (sliced)
20 oz	Green leaf lettuce

(See back)

## INSTRUCTIONS

1. Drain orange segments and set aside.
2. In an electric mixer bowl (with paddle attachment), combine all other chicken salad ingredients and mix to distribute the mayonnaise.
3. Add the orange segments and mix for 1 minute.
4. Chill to 40°F in blast chiller.
5. Assemble into sandwich; using 5oz of chicken salad, 1 slice of tomato and 1 lettuce leaf per serving.

## NUTRITION

Calories:	401
Sodium:	303 mg
Trans Fat:	0 g
% Calories from	
Saturated Fat:	4%



Number of Servings: 20 (1 sandwich per serving)  
Recipe courtesy of Maine Medical Center