



# Crunchy Chicken Apple Salad Sandwiches

*If you're getting tired the same old sandwich, why not try this tasty twist by adding fruit and experience a whole new flavour! Choose a succulent apple such as McIntosh. Apples are full of fibre, vitamins A and C, folate, calcium, and disease-fighting phytochemicals and antioxidants.*

Prep: 20 minutes • Total: 25 minutes

## Ingredients:

Boneless skinless chicken breast	1	1
Celery, diced	¼ cup	50 mL
Diced apple	¼ cup	50 mL
Diced green onion	1	1
Light mayonnaise	¼ cup	50 mL
Lemon juice	1 tsp	5 mL
Curry powder	pinch	pinch
Whole wheat bread	6 slices	6 Slices

## Directions:

1. Pour water into small skillet to depth of ¾ inch (2cm); bring to simmer. Add chicken; cover and poach over medium-low heat until no longer pink inside, about 12 minutes. Transfer to plate and refrigerate until cool enough to handle. Finely dice.
2. In a bowl, stir together celery, apple, green onion, mayonnaise, lemon juice, curry powder, and chicken.
3. Spread the filling over bread slices.

**Note:** you can cut down on preparation time by using leftover chicken breasts. These can also be made 24 hrs ahead by placing on baking sheet, covering with a damp tea towel and plastic wrap.

## Nutrition Facts

Serving Size (129g)  
Servings Per Container

### Amount Per Serving

**Calories** 230      **Calories from Fat** 80

% Daily Value\*

**Total Fat** 8g      **12%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol** 60mg      **20%**

**Sodium** 370mg      **15%**

**Total Carbohydrate** 17g      **6%**

Dietary Fiber 5g      **20%**

Sugars 4g

**Protein** 23g

Vitamin A 0%      • Vitamin C 2%

Calcium 15%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Adapted from: CBC.ca Best Recipes*

Makes 6 servings • 129g/serving • 1 serving = ½ sandwich

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