



Simple Chicken Salad Sandwich

Serves 6

1 ½ lb	Chicken breasts, with bone and skin
¾ cup	Celery, chopped
Pinch	Salt & pepper
¼ cup	Light mayonnaise
¼ cup	Plain yogurt, fat free
12 slices	Whole grain bread



Place chicken breasts in a large saucepan and cover with water. Turn burner heat to medium high until water boils. Cover with a lid and turn down burner to maintain a slow boil. cook on low for about 15 minutes, until a meat thermometer reads 170 degrees. Drain water from chicken pan and wait until it is cool enough to touch. Remove skin and bones from chicken and discard. Cut chicken into small pieces. Combine chicken with all other ingredients in a large bowl. Mix gently. Chill and serve.

Recipe Nutrition per serving

267 calories; 26 gm protein; 25 gm carbohydrate; 6 gm total fat; 1 gm saturated fat; 0 trans fat; 53 mg cholesterol; 4 gm fiber; 355 mg sodium