

Chicken Sandwich & Fruit

Ingredients

1 Thinwich Thin

3 oz. Roasted Chicken Breast –
skin removed

1 Fresh Peach, washed & dried

½ Fresh Pear, washed & dried

1 Tablespoon Best Foods Low Fat
Mayonnaise Dressing

Optional: Cranberry Relish to taste

Ingredient	Calories	Fat
Thinwich	100	1g
Chicken	140	3g
Fruit	138	0.5g
Mayo	15	1g
Total:	393	5.5g

Directions

1. Prepare the sandwich using the bread, mayo, and chicken breast.
2. Cut the peach into wedges and add to plate.
3. Cut the pear into thin slices and add to plate.

ENJOY!



Yield: 1 Serving

Optional: Use Cranberry spread in place of mayo for a healthier, lower fat meal. Most low-fat mayo contains high fructose corn syrup, so use it sparingly!