

## 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 does contain high fructose corn syrup, so use it sparingly!