

Eat
Well



GREEK-STYLE CHICKEN SANDWICHES

The fresh taste of lemon elevates this chicken sandwich to a whole new level. The taste sensation continues with crisp red pepper and fresh cilantro. This lunch standby goes from ho-hum to hello there.

Prep Time **20** min

Cook Time **0** min

Makes 6 sandwiches

- 750 mL (3 cups) shredded cooked chicken breast meat (about 330 g/11 oz)
- 2 green onions, thinly sliced
- 1 small red bell pepper, diced
- 45 mL (3 tbsp) chopped fresh cilantro or basil
- 2 mL (1/2 tsp) grated lemon rind
- 30 mL (2 tbsp) lemon juice
- 45 mL (3 tbsp) 0% fat plain Greek yogurt
- 30 mL (2 tbsp) light mayonnaise
- 125 mL (1/2 cup) light crumbled feta cheese (optional)
- 1 mL (1/4 tsp) fresh ground pepper
- 12 thin slices dense pumpernickel rye bread or whole grain bread
- 6 leaves lettuce

NUTRIENTS PER SANDWICH % DV

Calories	287	-
Fat	5 g	8 %
Saturated + Trans	1 g	6 %
	0 g	-
Cholesterol	48 mg	-
Sodium	359 mg	15 %
Carbohydrate	32 g	11 %
Fibre	5 g	21 %
Sugars	5 g	-
Protein	28 g	-
Vitamin A	-	14 %
Vitamin C	-	46 %
Calcium	-	8 %
Iron	-	16 %

1. In a large bowl, combine chicken, onion, red pepper and cilantro.

2. In a small bowl, whisk together lemon rind, juice, yogurt and mayonnaise. Stir in feta, if using, and pepper. Pour over chicken mixture and stir to combine. Divide among six of the bread slices and top with lettuce and remaining bread. Cut in half to serve.

TIPS

- Little chefs can help stir together the salad ingredients and assemble the sandwiches.
- This sandwich can be served on whole grain pita pockets or tortillas.
- Add more colour and crunch by tucking in chopped cucumbers and tomatoes.
- To quickly cook chicken: Bring 500 mL (2 cups) sodium reduced chicken broth and 250 mL (1 cup) of water to simmer. Add 3 skinless chicken breasts (bone in) and poach for about 15 minutes. Use a digital food thermometer to check that chicken has reached an internal temperature of 74 °C (165 °F). Let cool until easy to handle and, using fingers, remove meat from bones. Tear meat into shreds or chop finely for the recipe. You can also use leftover roast chicken or turkey for this sandwich.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.