

Hot Chicken Sandwich

2 servings

What you need:

- 2 (4 oz) boneless skinless chicken breasts
- 1/2 cup water
- 1 cup Chicken Stove Top stuffing, dry mix
- 1/2 cup chicken gravy from a jar
(like Hy-Vee brand)
- 1/2 cup frozen peas, thawed*
- 2 slices whole wheat bread



All you do:

1. Add chicken to a large nonstick skillet sprayed with cooking spray; cook over medium heat for about 3 minutes on each side.
2. While chicken is cooking, boil water in a small saucepan. Add stuffing mix and stir. Cover for 5 minutes.
3. Add gravy and peas to skillet with cooked chicken; cover and continue cooking over medium- low heat until gravy, peas and chicken are all heated through - about 3 - 4 minutes.
4. To assemble the sandwich: place one piece of chicken on top of 1 slice of bread, spoon half of the stuffing on top of the chicken and spoon half of the gravy with peas from the pan over top of sandwich.

* You can thaw frozen vegetables by running under cold water for about 1 minute.

Nutrition facts per serving:

380 kcals, 5g total fat, 1.5g saturated fat, 43g carbohydrates, 5g dietary fiber, 36g protein, 1050mg sodium.