

Cajun Chicken Sandwich

Ingredients

- 12 oz shredded chicken
- 2/3 cup cream cheese, fat free
- 7 tbsp onion, chopped
- 1/2 cup red bell pepper, chopped
- 1/4 tsp cumin
- 1/4 tsp chili powder
- 5/8 tsp garlic powder
- 1/8 tsp kosher salt
- 1-1/4 tsp italian seasoning
- 1/4 tsp paprika
- 4 whole grain 2-oz bread buns

Notes

Number of Portions: 4

Serving Size: 1 each

Nutrition Facts: 318 calories, 7.57 g fat, 1.69 g saturated fat, 711 mg sodium, 33.06 g carbohydrate, 3.85 g fiber, 5.3 g sugar, 30.73 g protein

Directions

1. Place chicken, cream cheese, diced onion, peppers, and spices in 12 x 20 pan and stir. Cover with foil and place in a 350°F oven for 30 minutes.
2. Remove from oven and stir. Return to oven for an additional 10 minutes. Ensure that internal temperature has reached 165°F.
3. To serve, place 3 ounces of chicken mixture on bun.

