

# Chicken Salad Sandwich

## Ingredients

- 5-1/2 tsp mayonnaise
- 5-1/2 tsp plain yogurt, low fat
- 2-3/4 tsp orange juice
- 1-3/8 tsp lemon juice
- 2-3/4 tsp sugar
- 8-1/4 oz chicken breast
- 2/3 cup celery, chopped
- 5-1/2 tsp onion, chopped
- 1/3 cup almonds, without salt
- 8 slices whole wheat bread

## Directions

1. In a bowl, mix together mayonnaise, yogurt, orange juice, lemon juice, and sugar to make a smooth dressing.
2. Add in and combine chicken (cooked), celery, onion, and almonds and mix well.
3. Place 1/2 cup chicken mixture onto 1 slice of bread and top with 2nd slice of bread

## Notes

**Number of Portions:** 4

**Serving Size:** 3/4 cup

**Nutrition Facts:** 255 calories, 9.14 g fat, 1.59 g saturated fat, 271 mg sodium, 29.27 g carbohydrate, 5.46 g fiber, 8.6 g sugar, 13.41 g protein

