

Whole Wheat Chicken Salad Sandwiches

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-wheat-bread-recipe-south-africa>

Ingredients:

- 9 ounces chicken breast Swanson® Premium Chunk, in Water, drained
- 1/4 cup chopped celery
- 1 tablespoon finely chopped onion
- 2 tablespoons nonfat mayonnaise
- 2 tablespoons nonfat plain yogurt
- 1/8 teaspoon ground black pepper
- 8 slices whole wheat bread Pepperidge Farm® Whole Grain 100%
- 4 tomato slices
- 4 lettuce leaves

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 40 milligrams
4. Fat: 4 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 1 grams
8. Sodium: 410 milligrams
9. Sugar: 5 grams

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