



CHICKEN SALAD SANDWICH

This sandwich is very easy to prepare and contains satisfying flavors and textures. It is a well-balanced meal that includes protein and carbohydrates, along with a splash of colorful fruit and herbs. For those experiencing fat intolerance, reduced fat mayo can be substituted and walnuts can be avoided. You can also experiment with other herbs like rosemary or basil for varied flavors. **Yield: 4 sandwiches**

INGREDIENTS:

- 2 chicken breasts (skin on during cooking only) or approximately 2 cups diced or shredded cooked, skinless chicken
- 2 Tbsp. mayonnaise (may substitute yogurt - low fat or Greek - and 1 tsp. lemon juice)
- ¼ cup sliced grapes
- 2 Tbsp. dried cranberries
- ¼ cup chopped walnuts (optional)
- 2 tsp. dried tarragon
- 8 slices bread

DIRECTIONS:

1. Preheat oven to 375°.
2. Roast chicken breasts for approximately 45 minutes until cooked through, juices run clear and temperature of chicken reaches 165°.
3. Remove skin from breast meat. Discard skin. Cube, dice, or shred meat.
4. Add mayonnaise, grapes, cranberries, walnuts, and tarragon.
5. Mix well and divide into 4 (~¾ cup) portions and spread onto bread. Delicious with toasted bread!

NUTRITIONAL DATA:

237 calories, 9.8 grams fat, 1.4 grams saturated fat, 56 mg cholesterol, 13.1 grams carbohydrate, 1.2 grams dietary fiber, 23.7 grams protein

*The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.*