



Chop-tastic Chicken BLT Sandwich



Entire recipe: 287 calories, 8g total fat (1.5g sat. fat), 663mg sodium, 24g carbs, 6.5g fiber, 5g sugars, 31g protein

Prep: 10 minutes



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Ingredients

- 2 slices light wheat bread
- 1 tbsp. light mayonnaise
- 1/2 tsp. lemon juice
- Dash black pepper
- 3 oz. cooked and finely chopped skinless chicken breast
- 1 tbsp. finely chopped bagged sun-dried tomatoes (not packed in oil)
- 1 tbsp. precooked crumbled bacon (like the kind by Oscar Mayer)
- 1 tbsp. chopped scallions
- 2 butter lettuce leaves (or other medium lettuce leaves)

Directions

If you like, lightly toast bread.

In a medium bowl, combine mayo, lemon juice, and pepper. Mix well. Add all remaining ingredients except lettuce.

Top 1 bread slice with a lettuce leaf, followed by chicken mixture. Top with the other lettuce leaf and bread slice.

Slice (or not) and enjoy!

MAKES 1 SERVING

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