

Apple Waldorf Chicken Salad Sandwich



Ingredients:

- 2 cups cooked chicken, chopped
- 1/2 cup apple, chopped
- 1/4 cup celery, chopped
- 1/4 cup pecans, chopped
- 1/3 cup light mayonnaise
- 1/4 cup grapes, cut into halves
- 1 teaspoon lemon juice
- 4 large rolls, cut top off of each roll
- 8 slices red tipped Romaine lettuce

Directions:

1. In a medium bowl combine all ingredients except bread and lettuce. Mix well.
2. Cover mixture and refrigerate 30 minutes to blend flavors.
3. Spread 3/4 cup mixture on each of 4 bottom half of the rolls.
4. Place lettuce leaf on top of filling.
5. Top with remaining half of roll.

Makes 4 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>