"Chicken" Salad Sandwich Mix

This recipe contains whole grains. Eating plenty of whole grains may help protect you against many chronic diseases.

Ingredients:

1 cup TVP cubes
1 cup hot chicken broth or 1 cup boiling water and 1 cube chicken bouillon added to it
1 medium dill pickles chopped fine (about 3 tablespoons)
1/2 cup finely chopped onion (yellow, red or green)
1/2 cup finely chopped celery
2 hard cooked eggs, chopped
1/3 cup light mayonnaise
salt and pepper to taste
8 slices whole wheat bread
8 slices tomato
8 lettuce leaves, washed and drained

Nutrition Facts

Serving Size 1/2 sandwich (149g)
Servings Per Container 8

Amount Per Serving	
Calories 180	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 420mg	**18%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 5g	**20%**
Sugars 6g	
Protein 11g	

Vitamin A 10% • Vitamin C 8%
Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Mix TVP and chicken stock in a small bowl and let stand for 5 minutes.
2. Refrigerate until cold.
3. Add pickles, onions, celery, eggs, mayonnaise and seasoning.
4. Divide mixture between 4 sandwiches. Serve with lettuce leaves and tomato slices.
5. Refrigerated leftovers within 2-3 hours.

Bright Ideas:

Source: OSU Extension, Lane County. For more recipes and other resources on eating well for less, see our web site at http://www.healthyrecipes.oregonstate.edu

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