

Grilled Chicken, Aged Cheddar & Chutney Sandwich

This stuffed whole-wheat pita with grilled chicken, aged cheddar and chutney is an excellent work lunch entrée or a great meal at home meal. It is good cold or hot (off the Panini press or out of the oven).

Ingredients :

- 1 whole-wheat pita (or 2 slices whole-wheat bread)
- 1 tbsp grainy mustard
- 2 tbsp mango chutney
- 2 oz grilled or baked chicken breast, thinly sliced
- 1 slice aged cheddar cheese (1 oz)
- 1 thin slice red onion
- 1 tbsp fresh mint leaves, minced, stems removed



Directions:

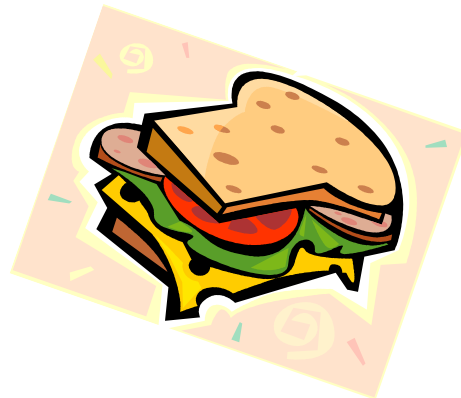
Cut 1 inch off the top of pita and place the cut-off piece inside. Mix mustard and chutney together and spread inside pita on both sides. Follow this with sliced grilled chicken breast, aged cheddar cheese, red onion and mint. Wrap in plastic wrap and pack in a cooler.

Per wrap: 353 calories, 28.2g protein, 12g fat, 31.3g carbohydrate, 2.3g fiber.

Waldorf Turkey Sandwiches

Ingredients:

- 1 ¼ c cubed cooked turkey breast
- 1 small apple, chopped (skin on)
- ¼ c finely chopped celery
- 3 tbsp fat-free mayonnaise
- 2 tbsp fat-free plain yogurt
- 2 tbsp chopped walnuts
- 1 tbsp raisins
- 1/8 tsp ground nutmeg
- 1/8 tsp ground cinnamon
- 8 slices cinnamon-raisin bread, toasted
- 4 lettuce leaves



Directions:

In a bowl, combine turkey, apple, celery, mayonnaise, yogurt, walnuts, raisins, and spices. Cover and refrigerate for at least 1 hour (better if overnight). Spoon ¾ cup turkey mixture onto each of 4 slices of the bread; top with lettuce leaf and another slice of bread.

Per sandwich: 280 calories, 18.6g protein, 6.6g fat, 37.3g carbohydrate, 3.8g fiber.