



Top-Shelf Chicken Salad Sandwich



1 sandwich (entire recipe): 268 calories, 8.5g total fat (1g sat. fat), 424mg sodium, 28g carbs, 6.5g fiber, 8.5g sugars, 23g protein

[Click for WW Points® value*](#)

Prep: 10 minutes

More: [Lunch & Dinner Recipes, 30 Minutes or Less, Single Serving](#)

Ingredients

2 slices light bread
1 lettuce leaf
1 tomato slice
1 tbsp. light mayonnaise
1 tbsp. fat-free plain Greek yogurt
2 dashes garlic powder
2 oz. cooked and shredded (or finely chopped) skinless chicken breast
1 tbsp. finely chopped celery
1 tbsp. finely chopped red onion
2 tsp. sliced almonds, chopped
2 tsp. sweetened dried cranberries, chopped
Optional: chopped pickles

Directions

If you like, lightly toast bread. Top one slice with lettuce and tomato.

In a medium bowl, combine mayo, yogurt, and garlic powder. Mix well. Add all remaining ingredients, and stir to coat.

Spoon chicken mixture over tomato, and finish with the other slice of bread. Enjoy!

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.