



Long Livo

Creamy Chicken Salad Sandwich

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

4

Servings

Lunch

Course

Ingredients

Main Ingredients

- ☐ 2 cups cooked chicken breast, shredded
- ☐ 1/3 cup plain Greek yogurt
- ☐ 1 tablespoon mayonnaise
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon fresh lemon juice
- ☐ 1/4 cup seedless grapes, halved
- ☐ 1/3 cup celery, finely diced
- ☐ 2 tablespoons fresh dill, chopped
- ☐ Salt and pepper to taste
- ☐ 8 slices soft sandwich bread, lightly toasted

Instructions

- 1 In a large bowl, whisk together the Greek yogurt, mayonnaise, honey, lemon juice, and dill until smooth.
- 2 Add the shredded chicken, grapes, and celery to the dressing; toss gently to coat without mashing the grapes.
- 3 Season with salt and pepper, taste, and adjust lemon or honey if needed.
- 4 Spread the mixture onto four slices of toasted bread, top with the remaining slices, and slice diagonally.

Nutrition per serving

350 kcal

Calories

28 g

Protein

30 g

Carbs

12 g

Fat

Tips & notes

- For extra herb flavor, add a pinch of fresh tarragon.
- If you prefer a sweeter salad, increase honey by a teaspoon.
- Use a light hand when mixing to keep the grapes whole.