

## Hot Chicken Sandwiches

*"Fast food" made at home.*

6 servings

### Ingredients:

- 1 cup cooked, chopped chicken or turkey
- 1 cup diced celery
- 1/2 cup shredded cheddar cheese
- 1 teaspoon minced dry onion
- 1/2 cup low fat salad dressing
- 6 hamburger buns

### Directions:

1. Preheat oven to 350 degrees.
2. Mix all filling ingredients together.
3. Divide evenly and spread on buns; place on baking sheet.
4. Bake for 12-15 minutes or until sandwich filling is hot and cheese melts. Cover buns with foil the last 5 minutes of baking if bread becomes too brown.

**Nutrition Facts:** One sandwich provides 240 calories, 9g total fat, 35mg cholesterol, 480mg sodium, 27g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program

**Kids a Cookin'**

www.kidsacookin.ksu.edu

### Chef's Choice

Hot Chicken Sandwich  
Orange Slices  
Green Beans  
Milk

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