

Chicken Swiss Sandwich

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Adapted from Taste of Home

Serves 4

Blue – 5

Purple – 5

Green – 7

- 3 Tbsp light mayonnaise
- 1 Tbsp mustard
- 4 light sandwich buns (I use 647 buns-2 points each)
- 4 slices 98% fat free deli ham
- 4 slices Sargento Ultra Thin Swiss cheese
- 2 cups shredded chicken

1. Preheat oven to 350.
2. In a small bowl, mix mayonnaise and mustard
3. Spread bun bottoms and tops with mayo mixture
4. Layer bottoms with ham, chicken and cheese; replace tops.
5. Arrange in a single layer in a 9×9 baking pan
6. Bake, covered, until heated through and the cheese is melted. About 10-15 minutes