





Slim Slammer



Chicken & Cucumber

Ingredients	For 12 Servings		Directions
	Weight	Measure	
Mayonnaise or Salad Dressing(low fat)		4 TBSP	<ol style="list-style-type: none"> Mix the dried dill with the mayo. Mix well Wash and slice the cucumbers. Must slice very thin. Very carefully slice breadstick in half long ways. Spread 1 tsp mayo mixture on breadstick. Layer with 1 lettuce leaf, 1.25 oz. chicken strips, ¼ oz. cheese and ½ oz. cucumber. <p>CCP: Hold for cold service at 41°F or below.</p> <p>Notes:</p> <ul style="list-style-type: none"> Cucumbers – 2 cucumbers, as purchased
Dried Dill		1 TBSP	
Chicken Strips, unseasoned 	15 oz.		
Mozzarella Cheese, shredded 	3 oz.		
Cucumbers sliced	6 oz.		
Romaine lettuce leaves		12	
Bread Stick whole grain New York Brand		12 each	

Serving Size: 1 each (103 g) Yield: Servings 12 – Smart Snacks Entrée 1.5 oz. Meat/Meat Alternate and 1 oz. eq. Grain

Nutrition Analysis: Serving Size:

Calories: 150	Calories from Fat: 45	Total Fat: 5 g	Saturated Fat: 1 g	Trans Fat: 0 g
Cholesterol: 26 mg	Sodium: 345 mg	Total Carbohydrate:	Dietary Fiber: 2 g	Sugars: 2 g
Protein: 11g				