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### Ingredients

- 6 oz (170 g) skinless boneless chicken breast
- 1 cup (250 ml) diced plum tomatoes
- ¾ cup (175 ml) diced green bell pepper
- 1/3 cup (75 ml) chopped green onion
- 3 tbsp (45 ml) chopped black olives
- 1/3 cup (75 ml) crumbled light feta cheese
- ¼ cup (50 ml) low-fat sour cream
- 2 tbsp (30 ml) light mayonnaise
- 1 tbsp (15 ml) freshly squeezed lemon juice
- 2 tsp (10 ml) dried tarragon or basil
- 1 tsp (5 ml) Dijon mustard
- 1 tsp (5 ml) minced fresh garlic
- 1/8 tsp (1 ml) freshly ground black pepper
- 8 slices Country Harvest Twelve Grain bread
- 4 pieces leafy lettuce

### Directions

1. Preheat the grill or grill pan to medium-high and spray with cooking oil. Grill the chicken, turning once, until cooked through and no longer pink in the center, about 12 minutes. Remove from the grill, cool and dice.
2. Stir the chicken, tomatoes, green pepper, green onion, olives and feta together in a bowl. Combine the sour cream, mayonnaise, lemon juice, tarragon, mustard, garlic and black pepper in another bowl; mix well. Pour the dressing over the chicken mixture and toss to coat.
3. Lay a piece of lettuce over top 4 slices of bread. Divide filling over top. Top with remaining bread slice and cut sandwiches in half.

*Recipe developed by health and wellness expert Rose Reisman*

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