THAI CHICKEN MUFFALETTA

A new twist on the familiar New Orleans sandwich, which usually contains high-fat cold cuts, cheeses and olive salad. This version offers lean chicken and great-tasting crisp vegetables, with Thai sauce for added flavor.

Ingredients:

- 1/3 cup Thai red curry sauce, divided
- 8 oz boneless skinless chicken breasts
- 2 tbsp light mayonnaise
- 1 round loaf sourdough bread
- 6 leaves of Chinese cabbage, core removed
- ½ English cucumber, peeled and sliced
- 1 small red onion, thinly sliced
- 1 medium carrot, grated
- 2 tbsp chopped fresh cilantro

Directions:

1. Place chicken breasts in a shallow dish and brush with 1/4 cup (50 mL) of the Thai sauce. Cover and refrigerate for at least 4 hours or for up to 12 hours. Preheat broiler.
2. Remove chicken from marinade and discard marinade. Broil for 10 to 15 minutes or until chicken is no longer pink inside and has reached an internal temperature of 170°F (77°C). Let cool and cut into strips.
3. In a small bowl, combine the remaining Thai sauce and mayonnaise.
4. Slice bread horizontally through the middle. Remove about 1 1/2 cups (375 mL) of the crumb from inside the top half to make a hollow, being careful not to break the crust.
5. Spread Thai mayonnaise on the bottom half, then layer on Chinese cabbage, cucumber, red onion, chicken strips, carrot and cilantro. Replace top half of bread and press down.
6. Cut into 8 wedges. Enjoy!

Nutrients per serving
(Makes 8 servings)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Calories</td>
<td>275</td>
</tr>
<tr>
<td>Fat</td>
<td>5 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>542 mg</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>44 g</td>
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<tr>
<td>Fiber</td>
<td>3 g</td>
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<tr>
<td>Protein</td>
<td>14 g</td>
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Recipe from Simply Great Food - Dietitians of Canada. 2007. Published by Robert Rose Inc.
Picture taken from http://www.cookspiration.com
Accessed September 6, 2015