

Healthy Club Sandwich



Club sandwich fan? Great! Not only is it super-simple and quick to make, all you have to do is choose ingredients that are more interesting than those from the local canteen to make it a healthy, complete and nutritious meal. Get ready for a tasty version with 25% fewer calories, 4 times more fiber and 2 times less fat than the classic St-Hubert.*

**Nutritional values of a St-Hubert white meat club sandwich with 15ml mayonnaise: 730 kcal, 32g fat, 3g fibre and 44g protein.*

Preparation 10 min

Cooking 0 min

Servings 2

Nutrition Facts (per serving)

Calories 550

Fat 14

Carbohydrates 67

Fibre 13

Protein 38

Sodium 330

Ingredients

- 250 ml (1 cup) cooked chicken breast, skin removed

- 6 slices whole-grain bread (we used Kirkland 21 Whole Grain & Seed Organic Bread)
- 30 ml (2 tbsp) light mayonnaise
- 1 large tomato, thickly sliced
- Romaine lettuce, to taste

Preparation

1. Coarsely shred the chicken using two forks.
2. Prepare the turkey bacon following the instructions on the package.
3. While the bacon is cooking, toast the bread slices in a toaster according to your preference.
4. Spread mayonnaise on one slice of bread, then layer with lettuce, one tomato slice, and three half-slices of bacon.
5. Spread mayonnaise on both sides of another slice of bread and place it on top of the first layer.
6. For the second layer, add half of the shredded chicken and another layer of lettuce.
7. Top with another slice of bread spread with mayonnaise.
8. Cut the sandwich into wedges and secure each wedge with a toothpick.
9. Repeat steps 4 to 8 for the second sandwich.

Serve the sandwiches with crudités, a green salad, or homemade [root vegetable fries](#).

Notes

Keep for 3 days in the refrigerator, in an airtight container. Does not freeze.



Élodie Robillard – Nutritionniste Diététiste à Québec | Coordonnatrice KoalaPro
Registered Dietitian Nutritionist in Quebec City