

Chicken, Pesto, and Tomato Sandwich



No time to cook lunch today? Our nutritionists suggest a culinary trip to Italy during your lunch break! It's the perfect quick lunch option for using up leftover cooked chicken from the day before without disrupting your routine. Pair it with some crudités and a [Greek yogurt Dip](#) for a balanced meal. For more simple lunch ideas to take to work, check out our [Top 10 Healthy Cold Lunches](#).

Preparation 5 min
Cooking 2 min
Servings 1
Nutrition Facts (per serving)
Calories 280
Fat 14
Carbohydrates 30
Fibre 5
Protein 33
Sodium 525

Ingredients

- 2 slices of whole wheat bread
- ½ cooked chicken breast, shredded (about 100 g)
- 15 mL (1 tbsp) pesto
- ½ tomato, sliced

- Salt and pepper, to taste

Preparation

1. Lightly toast the bread slices in a toaster, to taste*. Place the bread slices on a work surface.
2. Spread one of the bread slices evenly with the pesto.
3. Distribute the shredded chicken over the pesto.
4. Arrange the tomato slices on top of the chicken, season to taste, and then add the lettuce.
5. Close the sandwich with the second slice of bread.
6. Cut in half and serve immediately.

*For a takeaway version, the sandwich can also be prepared without toasting the bread.

Notes

Can be kept for 1 day, but is best enjoyed immediately.



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