

# Buffalo Chicken Sandwiches





# Ingredients

- 1 (6 oz.) chicken breasts
- 1/2 cup nonfat plain Greek yogurt
- 1/3 cup Franks Red Hot Original
- 1 Apple (thinly sliced)
- 2-3 handfuls Arugula
- EVOO
- 2 pieces of toast (preferably whole wheat)

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## Nutrition Information

- Calories: 630
- Carbohydrates: 62.8g
- Protein: 68g
- Fat: 17.1g



# Directions

1. Wash hands for 20 seconds with warm, soapy water.
  - a. Make sure to scrub under your finger nails, in between your fingers, and around your wrists.
2. Place chicken breast in skillet with olive oil and turn to medium heat. Let chicken cook to 165 degrees Fahrenheit.
  - a. Remove and use 2 forks to shred.
  - b. Place shredded chicken in a mid-sized mixing bowl.
  - c. Place in refrigerator to cool.
3. Once chicken has cooled, add Greek yogurt and Franks Red Hot to the mixing bowl.
  - a. Mix together, until chicken is fully coated in yogurt and red hot mixture.
4. Toast the 2 pieces of bread.
5. While bread is toasting, wash fresh produce.
  - a. Core the apple & cut into thin slices.
6. Drizzle EVOO on the toast.
7. Place arugula and apple slices on both pieces of toast.
8. Place about 1 cup of shredded chicken on top of the arugula/sliced apples.

**Bon Appetit!**