Spicy Chicken Sando
served with Creamy Coleslaw and Baked Peaches with Yogurt

Created by Elias Catania from Lower Merion Township, PA

THIS DISH IS PART OF A MEAL THAT MEETS TARGET 2 SODIUM LEVELS
THIS DISH FEATURES WHOLE GRAIN HAMBURGER BUNS!
Spicy Chicken Sando

Prep Time: 10 min   Total Time: 50 min   Serves: 4

Ingredients

- 4 whole muscle chicken patties, frozen
- 4 whole grain hamburger buns
- 3 tablespoons light mayonnaise
- 1 teaspoon Sriracha hot sauce

Directions

1. Preheat oven to 375°F. Bake patties for 30-35 minutes or until internal temperature reaches 165°F.

2. Meanwhile, combine the mayonnaise and Sriracha and stir until evenly combined and toast the hamburger buns.

3. Spread spicy mayo on the buns, then add the chicken patties.

4. Serve and enjoy!
Creamy Coleslaw

Prep Time: 5 min   Total Time: 10 min   Serves: 4

**Ingredients**

1 ½ cups shredded green cabbage  
½ cup shredded carrots  
3 tablespoons light mayonnaise  
½ tablespoon lemon juice  
⅛ teaspoon black pepper, or to taste

**Directions**

1. Put the cabbage and carrots together in a bowl.  
2. Add the mayonnaise and lemon juice; toss to coat. Add pepper to taste.  
3. Serve and enjoy!
Baked Peaches with Yogurt

Prep Time: 10 min  Total Time: 25 min  Serves: 4

Ingredients

- 2 cups diced canned peaches (in juice, not syrup)
- 4 teaspoons ground cinnamon
- 1 cup plain low-fat yogurt

Directions

1. Preheat oven to 350°F. Line a rimmed baking sheet with parchment paper.
2. Toss peaches and their juice together with cinnamon in a bowl until evenly coated.
3. Spread peach-cinnamon mixture on a baking sheet and bake until warmed through.
4. Serve the warm peaches on top of the yogurt. Enjoy!