



"Beautiful Butterflies" Chicken Salad Sandwiches

Makes: 14 or 56 Servings

14 Servings

56 Servings

Ingredients	Weight	Measure	Weight	Measure
Chicken, boneless	2 lbs		8 lbs	
Mayonnaise		1 Tbsp		1/4 cup
Green onions, chopped		1/2 cup		2 cups
Tomatoes, chopped		1 cup		4 cups
Carrots, chopped		2 cups		8 cups

Nutrition Information

Nutrients	Amount
Calories	N/A
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	38 mg
Sodium	N/A
Total Carbohydrate	16 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	18 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

	Tomatoes, cheery, halved	1 cup
4 cups		
Bread, whole grain	14 slices	56 slices
Baby carrots	1 cup	4 cups

Directions

1. Place chicken in skillet with enough water to cover. Bring to a boil. Reduce heat and allow to simmer for 12 - 14 minutes. Drain and let cool.
2. Shred chicken and place in bowl. Add carrots, tomatoes, green onions and mayonnaise.
3. Spread mixture over bread slices. Cut into triangles.
4. Arrange triangles with points facing each other to look like butterfly wings. Place baby carrot in center.

Notes

Serving Tips:

Allow children to assemble the butterflies or use cookie cutters to make these sandwiches more appealing!

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware. Recipe adapted from Taste of Home Website.