

Shredded Chicken Sandwich

THE JAMES
Mobile
Education
Kitchen

Diabetes Friendly

Items Needed: cutting board, knife, spoon, fork

Serves: 2

Ingredients:

- 2 cups of shredded chicken
- ¼ cup of canned cream of chicken soup (I used lowfat/ low sodium option.)
- 2 oz sour cream (approx. ¼ cup)
- 1 tsp granulated onion
- 1 tsp granulated garlic
- Salt and Pepper to taste

Directions:

1. Shred chicken from leftovers and place to the side.
2. In saucepot combine 1/2 cup of water with ¼ cup of cream of chicken soup, 2 ounces of sour cream and the granulated garlic and onion. Heat on medium until mixture begins to bubble.
3. Add chicken and bring to temperature (reheat to 165 degrees.)
4. Serve over toast, bread thins, over roasted veggies, or to accompany a warm grainbowl.

Nutrition Information (per 1/2 recipe):

Calories: 272 Fat: 11.3 g Carbs: 5.3 g Protein: 36.2 g Fiber: 0 g Sodium: 211 mg

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education>

Diabetes & Metabolism
Research Center

