

Chicken & Cheese Yes Please Roll

Amber ACT/SA

Everyday NSW

Makes 4 sandwich rolls

Ingredients:

- 2 cups, chicken breast, cooked and shredded
- 1 cup, reduced fat tasty cheese, grated
- ¼ cup, reduced salt barbecue sauce
- 4 wholemeal long bread rolls

Method:

1. Preheat the grill to 180°C
2. Cut the rolls lengthways
3. Spread a tablespoon of sauce on each one, then place ¾ cup of chicken along the roll. Top with ¼ cup of cheese
4. Place under the grill until the cheese melts.
5. Fold the bread roll over and serve warm.

Variations: Provide options to have the roll on multigrain or white bread.

Nutrition information:

	Per serve (170g)	Per 100g
Energy (kJ)	1690	944
Protein (g)	34.3	20.2
Fat – total (g)	12.2	7.2
Fat – saturated (g)	6	3.5
Carbohydrates – total (g)	36.4	21.4
Carbohydrates – sugar (g)	5.4	3.2
Sodium (mg)	688	405
Fibre (g)	4.4	2.6