

# Mini Chicken Spread Sammies

Recipe Type: Appetizer, Holiday, Poultry, Sandwich, Sandwiches and Hors d'Oeuvres, Side Dish, Snack

Degree of Difficulty: Easy

## Ingredients

2 each Roasted Chicken Breast  
3 Tbs Mayonnaise, fat free  
1/4 cup cream cheese, fat free  
12 slices Rye Bread (you can use whole wheat or pumpernickel as well).

## Directions

- 1 Remove the crust from the bread slices and cut in half in a diagonal shape.
- 2 Alternative: You can use fun shaped cookie cutters to give your sammies a festive look. Just make sure the cookie cutter is small enough to get 2 cuts in one slice of bread.
- 3 Cut chicken into small chunks.
- 4 Using a food processor, add the chicken chunks, mayo and cream cheese.
- 5 Pulsate until the ingredients are well mixed and can easily be spread onto the bread.
- 6 Spread onto the mini bread slices and serve.

## Cooking Times

Preparation Time: 15 minutes

Total Time: 15 minutes

## Nutrition Facts

Nutrition (per serving): 149 calories, 3.7g total fat, 1.4g saturated fat, 1.9g fiber, 11.9g protein, 16.4g carbohydrates, 273.7mg sodium, 1.4g sugar, 29.7mg cholesterol.

Servings: 12

Yield: 12 sandwiches

## Weight Watchers Points

Orig. WW Pts: 3

Points Plus: 4

## Tips

Remove the skin from the chicken breasts before you cut into chunks. This will help reduce fats as well as make it easier to blend together in the food processor.