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Chicken Cutlet Sandwich



[Double Fiber Wheat*](#)

[100% Whole Wheat](#)

Total Time:

11

MIN

Number of Ingredients:

9

Servings:

1

Level:

Medium

Ingredients:

2 slices of Nature's Own Double Fiber or 100% Whole Wheat bread

1 (3-ounce) chicken or turkey cutlet

Dried oregano leaves or Italian seasoning

Salt and pepper

Nonstick cooking spray

2 teaspoons honey Dijon mustard

Baby arugula leaves

2 ounces extra-lean deli-sliced smoked ham

Tomato slice

Instructions:

Pound chicken to about 1/4-inch thickness (it should be about the dimensions of a bread slice).

Sprinkle with oregano, salt and pepper.

Spray a small nonstick skillet with cooking spray and preheat over medium-high heat.

Cook chicken about 2 minutes on each side or until cooked through.

Remove from pan and cool briefly.

Meanwhile, toast bread. Spread 1 slice with mustard.

Top with arugula, ham slices, chicken and tomato.

Close sandwich and cut into halves or quarters.

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