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[Home](#) > Honey-Dijon Chicken Salad Sandwiches

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[40 Calories Honey Wheat](#)

This take on chicken salad features tangy Dijon mustard and sweet honey, with the interesting addition of red grapes.

Total Time:

10
MIN

Number of Ingredients:

11

Servings:

2

Level:

Easy

Ingredients:

4 slices Nature's Own 40 Calories Honey Wheat Bread

1 tablespoon Dijon mustard

2 teaspoons honey

1/8 to 1/4 teaspoon salt

1/8 teaspoon pepper

1 cup cubed cooked skinless chicken breast

1/2 cup red seedless grapes, halved or quartered

2 green onions, sliced

1/4 cup chopped celery

3 tablespoons light mayonnaise

leaf lettuce

Instructions:

Combine mayonnaise, mustard, honey, salt and pepper in medium bowl; mix well.

Stir in chicken, grapes, celery and green onions.

Divide lettuce and chicken salad between 2 bread slices. Top with remaining bread slices.

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