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## [Chicken Ranch Sandwich](#)



### [Honey Wheat](#)

Layered with thinly sliced Romaine lettuce, mustard and creamy Ranch dressing, this chicken sandwich is a perfect combo. Be sure to add a touch of carrots for that extra crunch and wedge between Nature's Own Honey Wheat Toast for a little taste of sweetness.

**Total Time:**

15  
MIN

**Number of Ingredients:**

10

**Servings:**

2

**Level:**

Medium

**Ingredients:**

1 boneless, skinless chicken breast

Salt and pepper

1 tablespoon all-purpose flour

2 teaspoons olive oil

3/4 cup thinly sliced Romaine lettuce

1 medium carrot, sliced in strips or shredded

1 tablespoon finely chopped onion

2 tablespoons Ranch dressing (regular, light or fat-free)

4 slices Nature's Own Honey Wheat Bread

4 teaspoons mustard

**Instructions:**

Place chicken breast between two slices of plastic wrap. With meat mallet or rolling pin, pound chicken very thin, about 3/16 inch.

Remove plastic wrap; cut chicken in half. Season with salt and pepper.

Place flour in shallow plate; coat both sides of chicken in flour, shaking off excess.

Heat oil in large nonstick skillet over medium-high heat. Saute chicken 3 to 4 minutes, turning halfway through cooking, until center of chicken is no longer pink and juices run clear.

Meanwhile, in medium bowl toss together Romaine, carrot, onion and dressing.

Toast bread. Spread mustard on one side of each slice of toast. Place each piece of chicken on one slice of toast.

Divide Romaine mixture over chicken. Top with remaining slices of bread. Cut in half; serve immediately.

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