

# Apple, Cheddar, and Chicken Melts

## Ingredients:

- 8 1/2-inch-thick slices sourdough bread from a 9-inch round boule
- 4 tablespoons unsalted butter, softened
- 4 teaspoons honey mustard
- 2 1/2 cups cooked chicken, shredded
- 1 1/2 cups cheddar cheese, grated
- 1 small Gala apple, cored and chopped into matchsticks
- 4 ounces Brussels sprouts (about 5), finely shredded with a knife or food processor attachment
- 1 tablespoon lemon juice
- Kosher salt
- Freshly ground black pepper

## Directions

1. Arrange a rack in the middle of the oven, place a baking sheet on the rack, and heat the oven to 450°F.
2. Spread the butter evenly on one side of each of the 8 slices of bread.
3. Spread the honey mustard on the opposite side of 4 slices of the bread.
4. Using oven mitts, carefully remove the hot baking sheet from the oven.
5. Place all the bread slices, butter-side down, on the baking sheet. Evenly distribute the shredded chicken among the mustard-spread bread slices, then distribute the cheese on the remaining 4 bread slices.
6. Return the baking sheet to the oven and bake until the cheese is melted and bubbling, about 10 minutes.
7. Make the slaw by combining the apple, Brussels sprouts, and lemon juice in a small bowl. Taste and season with salt and pepper as needed.
8. Remove the baking sheet from the oven and transfer the bread slices with the chicken to a cutting board.
9. Evenly distribute the apple and Brussels sprouts slaw over the chicken. Place the remaining bread slices cheese-side down on top of the slaw to close each sandwich. Cut each sandwich in half and serve.

## Nutrition Facts

Serving Size 1 sandwich (254g)  
Servings Per Container 4

Amount Per Serving

**Calories 470**    **Calories from Fat 190**

**% Daily Value\***

**Total Fat 22g**                      **34%**

**Saturated Fat 10g**              **50%**

**Trans Fat 0g**

**Cholesterol 80mg**                 **27%**

**Sodium 360mg**                    **15%**

**Total Carbohydrate 33g**        **11%**

**Dietary Fiber 6g**                **24%**

**Sugars 9g**

**Protein 34g**

**Vitamin A 25%**    • **Vitamin C 35%**

**Calcium 35%**    • **Iron 15%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

