

Cucumber CHICKEN SLIDERS

Toss aside the bread for this flavorful gluten free slider! Packed full of veggies & chicken, this slider is a home run.



| Nutrition Facts | |
|---|-----------------------------|
| Serving Size (329g) Servings Per Container | |
| Amount Per Serving | |
| Calories 190 | Calories from Fat 60 |
| % Daily Value* | |
| Total Fat 7g | 11% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 55mg | 18% |
| Sodium 45mg | 2% |
| Total Carbohydrate 11g | 4% |
| Dietary Fiber 3g | 12% |
| Sugars 6g | |
| Protein 19g | |
| Vitamin A 20% | Vitamin C 170% |
| Calcium 6% | Iron 8% |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small> | |
| | 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 | |



Prep time: 10 Minutes
Cook time: 15 Minutes
Serves: 3 People

INGREDIENTS:

- 1 Long English Cucumber
- 1 Red Bell Pepper
- 1 Orange Bell Pepper
- 3 Snacking Tomatoes
- 1 6-8oz Chicken Breast
- 1 red onion
- 1 **tbsp.** olive oil
- 2 **tbsp.** white balsamic vinegar
- ¼ **cup** curly leaf parsley
- Broccoli sprouts or pea shoots to garnish
- Sea Salt & pepper to taste

CHEF'S TIP:

To make this meal vegetarian, substitute the chicken for mushrooms!

DIRECTIONS:

- Peel & thinly slice red onion. Place in small mixing bowl. Wash/core Bell Peppers and add Bell Peppers to the bowl containing the onions. Add vegetable oil, vinegar, and parsley to the bowl and season with salt & pepper. Mix well and allow to sit for 10 minutes.
- Season the chicken breast with salt & pepper. Grill for 6 – 8 minutes per side and allow to rest. Thinly slice the chicken, once it is cool. Wash the Cucumber & slice into 12 pieces.
- Top one slice of Cucumber with chicken, marinated Bell Peppers, and the onion mixture. Top with second slice of Cucumber and garnish with sprouts.
- Slide Snacking Tomatoes into toothpicks and skew toothpicks through slider to hold it in place.

