

Philly Chicken Sandwiches

Servings: 2

Adapted from All You January 2012

Ingredients

1 teaspoon olive oil
1 small or 1/2 medium red onion, sliced thin
1/2 red bell pepper, seeded and sliced thin
1 cup shredded chicken
2 whole wheat sandwich rolls
Shredded mozzarella cheese

Preparation

- 1) Preheat oven to 375 degrees. Warm oil in a skillet over medium heat. Add onions and bell pepper and cook, stirring until softened, 5 to 7 minutes.
- 2) Stir in chicken and cook until heated through.
- 3) Pile chicken mixture onto bottom halves of sandwich rolls. Top each portion with shredded cheese and top halves of rolls.
- 4) Place sandwiches on a baking sheet and bake until cheese has melted, about 5 minutes.

Lemony Bean Salad

Servings: 2

Adapted from Cooking Light December 2011

Ingredients

1 teaspoon olive oil
1/8 cup finely chopped red onion
1/8 cup finely chopped red bell pepper
1 teaspoon minced garlic
1/4 teaspoon dried rosemary
1 tablespoon red wine vinegar
1/8 teaspoon black pepper
1 15 oz can cannellini beans, drained and rinsed
1 tablespoon chopped fresh parsley

Preparation

- 1) Combine all ingredients well. Cover and chill until ready to serve.