



Original "BK" Chicken Sandwich

My Healthier Version of the Burger King 'Original' Chicken Sandwich

In this, the second edition of my burger book, I felt I really needed to add a LOT more chicken sandwiches (there were virtually none in the 1st edition). One of my favorite nostalgia fast food chicken sandwiches, growing up, was the OG chicken sandwich from Burger King. This is my much, much healthier version of it.

Servings Info.:

Yields: 2 sandwiches
 Servings: 2
 Serving: 1 sandwich



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These points DO NOT INCLUDE THE BREAD!!
 These are the points for the 'FILLING', what goes IN the sandwich. Use whatever bread rolls you want, then add THESE POINTS (the filling) to your bread of choice.

Ingredients:

Chicken:

- 10oz ground **chicken breast**, for making (2) 5oz patties
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/8 tsp baking soda, dissolved with 1/2 tsp water

Breading: (make ahead of time)

- 1/2 batch of my low carb bread crumbs/breading (pg 38-39)

Dressing/Spread

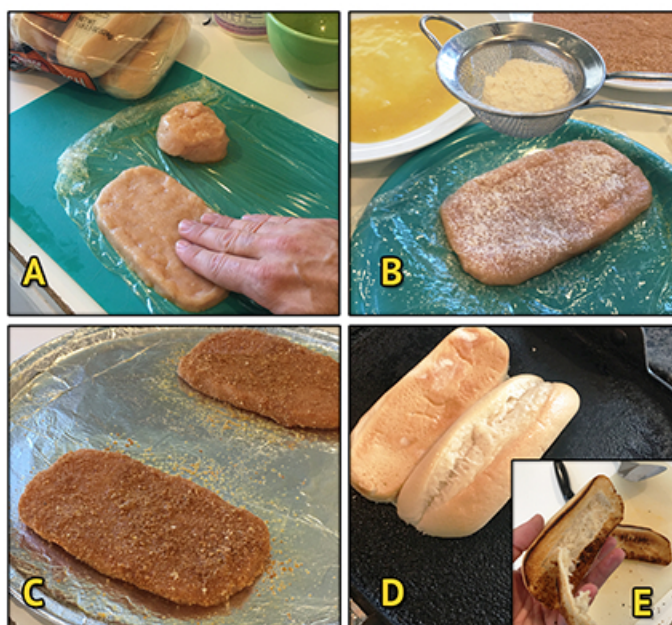
- 1/2 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 1 tsp dijon mustard
- 1 Tbsp white vinegar
- 1/2 tsp 0 calorie sugar replacement o' choice
- 1/4 tsp salt
- pinch o' black pepper
- additional water to thin it, if desired/needed

Additional Ingredients:

- (2) store bought, french bread hoagie rolls. Scoop bread out of top bun halves, to make a cavity for the shredded lettuce
- Shredded lettuce

Directions:

- 1 Ahead of time, mix together the ground chicken, salt, pepper and baking soda solution. Let it rest for 20 minutes. Prepare the half batch of toasted breading and egg wash, set aside.



- 2 (A) Measure 2 equal portions from the ground chicken. Then, use your hands to press down and shape each mound of ground chicken into a patty about the same size as your bread rolls. Place in the fridge for 20 minutes, to firm up. (B) Dust the two patties, on both sides, with 1-1/2 tsp of flour, as shown on page 37. Carefully dredge the patties in egg wash, followed by the crumbs. (C) Place breaded patties on a foil lined pan, spraying both sides with cooking spray. Heat your oven to 400 degrees. Once heated, bake for 12 minutes, then flip and bake for 6 more minutes. (D) While the patties are baking, toast the 'inside face' of your bread rolls on a hot pan. (E) Then, scoop some bread out of the top bun. It removes 1 point of bread AND it makes a cavity to hold the lettuce in place.

- 3 Mix all the ingredients for the Dressing/Spread together, till smooth and well combined. Set aside.



- 4 (A) Smear 2 Tablespoons of the mayo spread onto the toasted bottom bun. (B) Then, place a baked chicken patty, followed by a good sized, heaping pile o' shredded lettuce. (C) Smear the top bun with 2 more Tablespoons of spread. Because you scooped out bread from the top bun, you can either smear it around the edges of the top bun, or into the cavity... you're choice. (D) Place the top bun over the lettuce and relish in the fact you didn't have to drive to Burger King, to get your gnosh on. Go Team!

NOTES & SUGGESTIONS:

- **THE BREAD!!!!:** As noted, the points for my recipe DO NOT INCLUDE the points for the bread. I want you to be able to use WHATEVER brand or type of bread you want for this sandwich. Add my points to your bread's points. Easy. If you use a 7 point french bread sandwich roll, add those 7 points to the listed points for 1 serving of my sandwich. The hoagie roll I used was a 7 point french bread roll. I scooped out the bread, weighed my roll, and it dropped down to a 6 point roll. With my filling... **my sandwich was an 8 point version** of the BK original chicken sandwich. **The ORIGINAL sandwich, at BK, is 22 points!**
- **DIJON?:** I know it sounds weird, but adding that little bit of dijon mustard to the greek/light mayo spread, reeeeeeally elevates the flavor.
- **LETTUCE:** For my sandwich, which is pictured on these pages, I used chopped romain lettuce. HOWEVER, the real sandwich uses iceberg lettuce, which has a lot more of a crispy crunch. I used romain because it's prettier. For taste, I texture, I prefer the iceberg lettuce... but that's just me.
- **DELUXE CHICKEN SANDWICH:** Want to make this into the BK Deluxe Chicken Sandwich? It's pretty simple. Add some thin sliced tomato, as well as a slice (or slices) of Sargento ultra thin sliced swiss cheese. Easy peasy. Just don't foreget to adjust points for the added cheese. On a positive, it'll still be WAY healthier than the BK version, which has a whopping 29 points.

