



Crispy Southwest Chicken Sandwich

Golden crispy breaded chicken filet served on a whole grain bun and topped with a romaine-cilantro salad and creamy corn-black bean salsa.

Servings: 10 Chicken Sandwiches (1 per serving)

Ingredients	Amount	Amount
Tyson® Golden Crispy Chicken Filets #70302-928		10 ea.
Whole Grain Hamburger Buns, 3.5" diameter, split		10 ea.
Romaine-Cilantro Salad (see sub-recipe)	6 oz.	5 C
Creamy Corn-Black Bean Salsa (see sub-recipe)	10.50 oz.	1¼ C

DIRECTIONS:

1. Arrange the frozen chicken filets in a single layer on a sheet pan lined with parchment paper. Heat the pan of chicken filets uncovered in a preheated 350°F convection oven for 14-16 minutes or until the minimum internal temperature reaches 165°F and the breading is crispy.
2. To build the chicken sandwiches evenly spread 2-tablespoons of the prepared Creamy Corn-Black Bean Salsa on the top half of each hamburger bun. Next arrange 1 heated chicken filet atop each bottom bun, and then top each chicken filet with a ½-cup of the prepared Romaine-Cilantro Salad. Close the burgers with the top half of each hamburger bun with salsa and serve immediately. One Crispy Southwest Chicken Sandwich per serving.

TYSON® PRODUCTS USED:

#70302-928, Golden Crispy Whole Grain Made with Whole Muscle Filet

Romaine-Cilantro Salad

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Servings: 10 Chicken Sandwiches (1 per serving)

Ingredients	Amount	Amount
Romaine Lettuce, fresh, shredded	5.25 oz.	4½ C

Cilantro Leaves, fresh, roughly chopped	0.70 oz.	¾ C
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DIRECTIONS:

1. Combine all the ingredients in a mixing bowl and gently toss together until thoroughly combined. Hold the prepared Romaine-Cilantro Salad covered under refrigeration at 38°F until ready to use.

Creamy Corn-Black Bean Salsa

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Yield: 1¼-cups (approximately 10.50-ounces)

Ingredients	Amount	Amount
Black Beans, canned, drained and rinsed	3.65 oz.	? C
Corn Kernels, canned, drained and rinsed	2.30 oz.	? C
Tomatoes, fresh, cut into a ¼" dice	2 oz.	¼ C
Mayonnaise, reduced-fat	1.75 oz.	3? Tbsp.
Salsa, canned, mild	0.45 oz.	2½ tsp
Pickled Jalapeno Pepper Slices, minced	0.10 oz.	? tsp
Lime Juice, bottled	0.20 oz.	1¼ tsp
Ground Cumin		½ tsp
Ground Black Pepper		? tsp

DIRECTIONS:

1. Combine all the ingredients in a mixing bowl and gently mix together until thoroughly combined. Hold the prepared Creamy Corn-Black Bean Salsa covered under refrigeration for a minimum of 30-minutes to allow the flavors to fully develop and blossom.

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CN Portion	1 piece
M/MA (oz)	2.00
Grain (oz)	1.00
Vegetable (oz)	0.00
Calories	200
Total Fat (g)	9.00
Saturated Fat (g)	1.50

Sodium (mg)	290
Carbs (g)	9
Protein (g)	19

