



Chop-tastic Chicken BLT Sandwich



Entire recipe: 287 calories, 8g total fat (1.5g sat fat), 663mg sodium, 24g carbs, 6.5g fiber, 5g sugars, 31g protein

Freestyle™ SmartPoints® value 5*

SmartPoints® value 6*

Prep: 10 minutes



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

2 slices light wheat bread
1 tbsp. light mayonnaise
1/2 tsp. lemon juice
Dash black pepper
3 oz. cooked and finely chopped skinless chicken breast
1 tbsp. finely chopped bagged sun-dried tomatoes (not packed in oil)
1 tbsp. precooked crumbled bacon (like [the kind by Oscar Mayer](#))
1 tbsp. chopped scallions
2 butter lettuce leaves (or other medium lettuce leaves)

Directions

If you like, lightly toast bread.

In a medium bowl, combine mayo, lemon juice, and pepper. Mix well. Add all remaining ingredients except lettuce.

Top 1 bread slice with a lettuce leaf, followed by chicken mixture. Top with the other lettuce leaf and bread slice.

Slice (or not) and enjoy!

MAKES 1 SERVING

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.