



Arugula and Parsley Aioli, Rolled Chicken Sandwich

Prep Time : 6 min **Cook Time** : 10 min **Servings** : Yield: 4 servings **Source** : Foodnetwork.com

INGREDIENTS

Aioli:

- 1/2 cup lightly packed baby arugula
- 1/2 cup lightly packed fresh flat-leaf parsley
- 1 anchovy fillet
- 2 teaspoons chopped fresh chives
- 1 small garlic clove, coarsely chopped
- 1/4 cup mayonnaise
- 1/2 cup low-fat plain yogurt
- 1 teaspoon white wine vinegar
- 1 teaspoon lemon zest
- Salt and freshly ground black pepper

Sandwich:

- 8 ounces roasted chicken breast, shredded (about 2 small chicken breasts)
- 4 (8-inch) tortillas
- 1 1/3 cups baby arugula

DIRECTIONS

For the Aioli: Place all the ingredients, except the salt and pepper, in the bowl of a food processor. Blend until the mixture is smooth. Transfer the aioli to a medium bowl. Season with salt and pepper.

For the Sandwich: Add the shredded chicken to the aioli and mix well. Preheat a heavy-bottomed skillet over medium heat. Using tongs, add the tortillas, 1 at a time, and cook until warm, about 30 seconds each side. Place the warm tortillas on a work surface and spread with the chicken mixture, leaving a 1/2-inch border. Sprinkle the arugula over the chicken mixture. Carefully roll up the tortillas, jelly-roll fashion. Cut each rolled sandwich in half, diagonally, and transfer to a serving platter. Serve.

NUTRITION

- Calories: 362
- Total Fat: 14.5 grams
- Saturated Fat: 3 grams
- Cholesterol: 66 milligrams
- Sodium: 681 milligrams
- Carbohydrates: 29 grams
- Dietary Fiber: 5 grams
- Protein: 29 grams
- Sugar: 2 grams