


# high note nibbles

Serves 2

- ½ cup plain yogurt**
- 1 Granny Smith apple, cored and diced**
- 1 tablespoon packed light brown sugar**
- 1½ teaspoons lemon juice**
- Pinch of garlic powder**
- Pinch of ground coriander**
- Pinch of ground cinnamon**
- 2 tablespoons honey**
- 1½ cups shredded rotisserie chicken**
- 1 medium carrot, diced**
- 4 slices whole wheat bread**
- 2 slices rye bread**

**1.** Hum your favorite tune as you combine the yogurt, apple, brown sugar, lemon juice, garlic powder, coriander, and cinnamon in a mixing bowl. Add the honey, chicken, and carrot and mix well. Make 2 sandwiches on the whole wheat bread and 1 sandwich on the rye bread.

**2.**  Cut the crusts off all the sandwiches, then cut the crustless whole wheat sandwiches into 1 by 2½-inch slices. Cut the crustless rye sandwich into ⅓ by 1¼-inch slices.

**3.** Arrange the “white keys” (whole wheat sandwich slices) side by side on a platter, and the “black keys” (rye sandwich slices) on top and in between the white keys to look like a piano keyboard. Pretend you’re playing the keyboard in your favorite band before digging in!

