

Chicken Salad on Whole Grain Toast

Prep Time: 15 Hours

Ingredients:

4 cups cooked shredded chicken breasts
2 large celery stalks (chopped small)
2 tablespoon red onion (chopped small)
2 tablespoon chopped walnut (or sunflower seeds)
2 tablespoon avocado mayo
1/2 teaspoon salt
cracked pepper to taste
1 medium avocado (sliced thin)

1. Combine chopped chicken, celery, red onion, walnuts, and avocado mayo in small bowl. Season with salt and pepper and stir to combine well.
2. Toast whole grain bread.
3. Use one cup of shredded chicken, 1/4 sliced avocado per sandwich.

Makes 4 sandwiches. Consider adding romaine lettuce and sliced tomatoes to each sandwich.