

Avocado Chicken Salad Sandwich

<u>Code</u>
\$, Q, RH

Ingredients Needed:

- 3 oz shredded chicken
- 1 medium avocado
- 2 tsp. cilantro
- 1-2 tsp. finely chopped onion
- 2 sandwich thins



<u>Nutrition Facts:</u>	
Yield	1 serving
Calories	470
Total Fat	24.5 g
Sat Fat	4 g
Sodium	542 mg
Added Sugar	2 g
Fiber	12 g
Vitamin C	21% DV
Vitamin E	20% DV
Vitamin K	37% DV
Potassium	22% DV
Iron	17% DV

Recipe Directions:

- In a small bowl, mash avocado; add in cilantro, chicken, and onion.
- Lightly toast sandwich thins; place cheese on top piece of each sandwich (can also put in microwave to melt cheese for 10-15 seconds).
- Top with salad mixture.
- Place top piece of bread on salad mixture.