Chicken Avocado Sandwich

Sandwiches are a great way to utilize leftovers! In this recipe, use the leftover chicken from the pan roasted chicken and vegetable recipe to make this sandwich.

Preparation:
1. Gather all ingredients and equipment.
2. In a small mixing bowl, mash the avocado with a fork.
3. Add the remaining ingredients and mix to combine.

To Serve (Makes one sandwich):
**Multiply Sandwich Recipe by 4 for class**

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 each</td>
<td>1/2 each</td>
</tr>
<tr>
<td>1 tsp</td>
<td>5 mL</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>0.75g</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>1.5g</td>
</tr>
<tr>
<td>To taste</td>
<td>To taste</td>
</tr>
<tr>
<td>Avocado</td>
<td></td>
</tr>
<tr>
<td>Lemon or Lime Juice</td>
<td></td>
</tr>
<tr>
<td>Garlic Powder</td>
<td></td>
</tr>
<tr>
<td>Kosher Salt</td>
<td></td>
</tr>
<tr>
<td>Black Pepper, ground</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 each</td>
<td>1 each</td>
</tr>
<tr>
<td>3 oz</td>
<td>85g</td>
</tr>
<tr>
<td>4 slices</td>
<td>4 slices</td>
</tr>
<tr>
<td>1/8 cup</td>
<td>15g</td>
</tr>
<tr>
<td>Whole Wheat Sandwich Thin</td>
<td></td>
</tr>
<tr>
<td>Cooked Chicken Breast (see Pan Roasted Chicken and Vegetables recipe)</td>
<td></td>
</tr>
<tr>
<td>Avocado Spread</td>
<td>30g</td>
</tr>
<tr>
<td>Cucumber, 1/8&quot; thick round</td>
<td></td>
</tr>
<tr>
<td>Baby Spinach</td>
<td>15g</td>
</tr>
</tbody>
</table>

Preparation:
1. If desired, toast the sandwich thins.
2. Thinly slice the chicken.
3. Spread avocado spread onto each piece of bread.
4. Build your sandwich by layering the cucumber onto the bottom piece of the sandwich thin, followed by the chicken, spinach, and then the top of the sandwich thin.

**Nutrition Facts on Reverse**
**Nutrition Facts**

1 Servings  
**Serving size** 1 sandwhich

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 230</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>6 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>60 mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>290 mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>25 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>6 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>3 g</td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>25 g</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0 %</td>
</tr>
<tr>
<td>Calcium</td>
<td>0 %</td>
</tr>
<tr>
<td>Iron</td>
<td>3 %</td>
</tr>
<tr>
<td>Potassium</td>
<td>400 mg</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>200 mg</td>
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