



## Chicken Avocado Sandwich

Great way to utilize left overs! Today, use the left over chicken from the pan roasted chicken and vegetable recipe to construct sandwich.

### U.S.

1/2 each	Avocado
1 tsp	Lemon juice or white vinegar
1/4 tsp	Garlic powder
1/4 tsp	Salt
To taste	Black pepper

### Metric

1/2 each
5 mL
0.75g
1.5g
To taste

### **Preparation:**

1. Gather all ingredients and equipment.
2. In small mixing bowl, mash avocado and add all ingredients.
3. Whisk all ingredients together until fully incorporated.

### **To Serve (Make one sandwich):**

#### **\*\* Multiply Sandwich Recipe by 4 for class\*\***

1 each	Whole wheat sandwich thin	1 each
3 oz	Cooked chicken breast (see Pan Roasted Chicken recipe)	84.75 g
2 Tbsp	Avocado Spread	28.25 g
4 slices	Cucumber, 1/8th" thick round	4 each
1/8 cup	Baby Spinach	14.13 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Toast slices of whole wheat sandwich thins until golden brown.
3. Spread avocado spread onto each piece of bread.
4. Build sandwich with cucumber, chicken, spinach, then top.

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

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## Nutrition Facts

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4 Servings

**Serving size**                    **1 sandwich**

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**Amount per serving**

**Calories**                    **230**

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**Total Fat**                    6 g

    Saturated Fat                1 g

    Trans Fat                    0 g

    Monounsaturated Fat

**Cholesterol**                60 mg

**Sodium**                    290 mg

**Total Carbohydrate**        25 g

    Dietary Fiber                6 g

    Total Sugars                3 g

    Includes 0g Added Sugars

**Protein**                    25 g

Vitamin D                    0 %

Calcium                    0 %

Iron                    3 %

Potassium                    400 mg

Phosphorus                    200 mg

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