

Chicken Salad Sandwich

INGREDIENTS

- 1, 4oz low sodium canned chicken breast
- 2 tablespoons light mayonnaise or Greek yogurt
- Salt and pepper, to taste
- 2 whole wheat pieces of bread

Optional Toppings

- Lettuce
- Tomatoes

TIME: 5 MINUTES

SERVINGS: 1



Adapted from: therealfooddietitians.com



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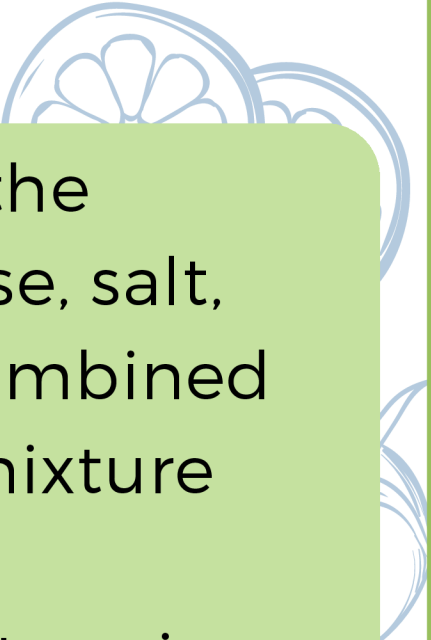
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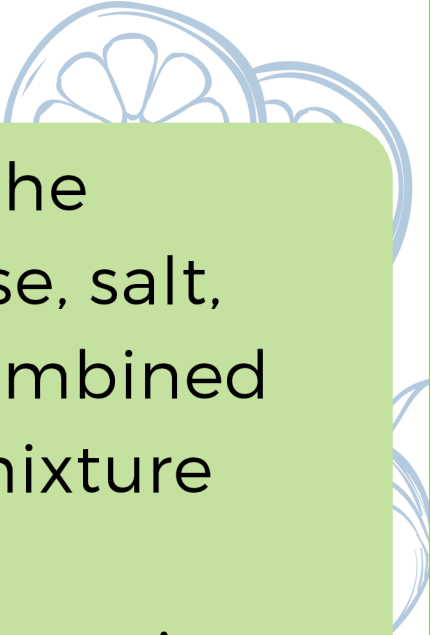


PROCEDURE



1. In a bowl, mix together the chicken, light mayonnaise, salt, and pepper until well combined
2. Add the chicken salad mixture onto whole wheat bread
3. Top with any additional toppings you enjoy!

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