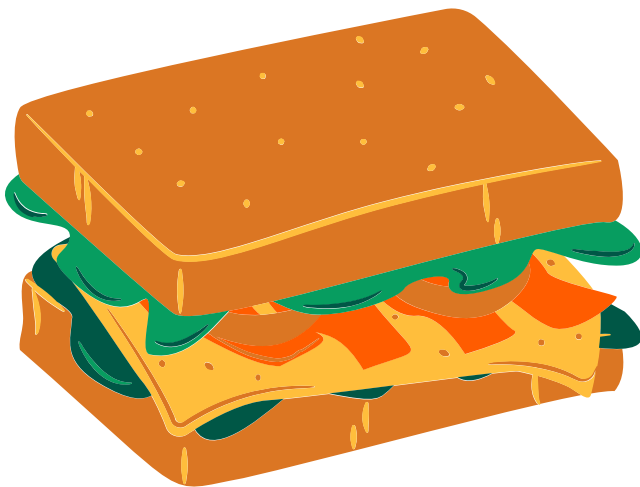


Chicken and

Veggie Sandwich

Ingredients:

- 2 slices Whole-grain Bread
- 3 tbsps Hummus
- ¼ Avocado
- ½ cup Mixed Salad Greens
- ¼ medium Red Bell Pepper
- ¼ cup Cucumber
- ¼ cup Carrot
- 1 slice of Deli Meat Chicken or 2 oz of Shredded Chicken



Directions

1. Prep the veggies: mash the avocado, slice bell pepper and cucumber, then shred the carrot.
2. On one slice of bread spread hummus and on the other spread mashed avocado.
3. Fill sandwich with remaining veggies and chicken then serve. Makes one serving.

Quick Tip!

This quick and easy sandwich is a great recipe to make when you are in a rush! You can meal prep by chopping portions of the veggies ahead of the time and storing them in the fridge for quick assembly!