

# Chicken Sandwich with Mayonnaise and Avocado

## Ingredients

- 2 cups cooked chicken breast, shredded or chopped
- 3 Tbsp mayonnaise or Greek-yogurt mayo
- 1 tsp Dijon mustard
- 1 Tbsp lemon juice
- ¼ tsp salt, ¼ tsp black pepper
- 1 small celery stalk, finely diced
- 1 green onion, thinly sliced
- 1 ripe avocado, sliced
- 4 slices whole-grain or gluten-free bread, toasted
- Lettuce leaves and tomato slices

## Instructions

1. Chicken salad: In a bowl mix mayo, Dijon, lemon, salt, and pepper. Fold in chicken, celery, and green onion until coated.
2. Assemble: Lay lettuce on toast, add a scoop of chicken salad, top with tomato and avocado slices. Close with the second slice.

3.Serve: Cut in half. For extra crunch, add thin cucumber slices.

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