

Chicken Salad Sandwich

2Cups Lean Chicken (Note #1)
1/4 small or medium red onion
1 large stalk of celery
3/4 cups mayonnaise
Several leaves of romaine lettuce

Finely Chop onion and celery. In a large bowl Add chicken, onion and celery. Mix with Mayonnaise.

Spoon mixture onto a slice of toasted whole wheat bread covering bread evenly, top with lettuce and finish with a slice of toasted wheat bread on top. Cut diagonally!

Note #1: Simmer 2 chicken breasts in a little chicken broth or water until cooked through. Cool and dice or chop up with a chopper.

Note #2: Apply a thin coat of Mayonnaise on one slice of bread.

Note #3: Can also be served on a bagel, white bread or rye toast.