

Chicken Salad Sandwich

Makes 2 sandwiches in under 15 minutes

Ingredients

- 1-2 cans of chicken (2 small cans or 1 large)
- 3 tbsp extra-virgin olive oil
- 1.5 tbsp lemon juice
- 1 tsp Dijon mustard
- 1/4 tsp garlic powder
- 2 tbsp plain Greek yogurt or mayo
- 1 tbsp dill powder (or 2 tbsp chopped fresh dill)
- pinch of salt and pepper
- bread, other veggie toppings (lettuce, tomatoes, cucumbers, red onion, celery etc.)

Instructions

1. Add chicken, oil, lemon juice, Dijon, and yogurt/mayo in a larger bowl.
2. Combine the mixture using a spoon or fork.
3. Add in dill, salt, and pepper. Stir to combine. May add more seasonings to taste.
4. Spread ½ of the mixture on bread and top with favorite veggies or other toppings.

ENJOY!!

Adapted from: Eating Well

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Wellspring Nutrition Program