

Chicken Salad - for open faced sandwich

My own combo, 2020



Servings: 3

1. In a bowl combine all the chicken salad ingredients, reserving some of the almonds. Taste for seasoning. It may not need salt, but pepper for sure.
2. Place toast on individual plates, add avocado slices, mound arugula next, then spoon the chicken salad on top. Garnish with additional almond slices, and a sprig of dill.

CHICKEN MIXTURE:

- 1 1/4 cups cooked chicken, chopped
- 1/3 cup mayonnaise, Best Foods
- 1 tablespoon lemon juice, or more to taste
- 2 tablespoons red grapes, chopped
- 1 1/2 tablespoons mango chutney
- 1/4 cup celery, minced
- 1 tablespoon fresh dill, chopped
- 1 whole green onion, diced
- freshly ground pepper to taste
- 2 tablespoons sliced almonds

SANDWICH:

- 3 slices whole grain bread, toasted
- 1 avocado, thinly sliced
- 1 1/2 cups arugula, chopped
- 3 sprigs fresh dill, for garnish
- 2 tablespoons sliced almonds, for garnish

Per Serving (excluding unknown items): 490 Calories; 24g Fat (43.5% calories from fat); 38g Protein; 32g Carbohydrate; 8g Dietary Fiber; 89mg Cholesterol; 406mg Sodium; 6g Total Sugars; trace Vitamin D; 120mg Calcium; 3mg Iron; 817mg Potassium; 378mg Phosphorus. Exchanges: 10 1/2 Grain(Starch); 1/2 Fruit.

Carolyn T's Blog: tastingspoons.com