

# Chicken Sandwich

## Ingredients

For 1 sandwich

- Multigrain bun or bread
- Chicken breast  
(100-150g shredded chicken)
- BBQ sauce or salsa  
(use low sugar sauces whenever possible)
- You can also add turkey bacon or veggies



## Directions

1. Cook or reheat chicken breast
2. Toast bun or bread slices (recommend 1-2 slices)
3. Put sandwich together, make sure to let the cheese melt and enjoy this recipe hot!

REALLY great if you are short on time and need to throw a meal together quick!

