

Mini chicken sandwiches



Ingredients (serves 1)

No crusts sliced bread

Chicken breast

Lettuce

Tomato

Mayonnaise

Extra virgin olive oil

Salt (Skip in case of hypertension or fluid retention)

Pepper

Method

1. Sauté the chicken in a pan. Cool and chop very finely with a knife. Let cool and mix with mayonnaise, salt, and pepper.
2. Cut the lettuce into thin strips and the tomato into slices.
3. Start assembling the sandwich with the tomato and lettuce. Season with pepper and a splash of virgin olive oil.
4. Add the seasoned chicken on top, cover with the other slice of bread, and serve.