



Healthy Recipes

From NH Healthy Families Staff



nh healthy families.

Grilled Chicken Sandwich

Ingredients:

- 2 oz Ciabatta or bread of your choice
- 2 tbsp mashed avocado
- 2 oz grilled chicken breast
- 3 slices ripe tomatoes
- Fresh lime juice
- Salt and fresh pepper to taste



Prep: 25 mins Cook Time: 20 min
Servings: 1

Directions:

Cook chicken in oven at 415°, 8-10 one side then flip 8-10 other side. While chicken is cooking, prepare your choice of slice bread open and spread mashed avocado, fresh lime juice and chopped cilantro on the bread. Season with salt and pepper. Top with tomatoes, Once chicken is cooked, add to sandwich and add additional fresh cracked pepper. Enjoy!!

Nutritional Info:

253 Cals 18 Protein 32.5 Carbs 5.5 Fats

Notes:

Season your chicken before you cook it. Cooking brings out the flavor. Cooking chicken at a higher temp makes it juicy - You'll never go back to cooking it at 350°. Add a pickle or fruit salad as a side.

Recipe provided by:

Katie Haley-Kersting, Manager, Claims Liaison at NH Healthy Families

Why its important to Katie to support our community?

I was taught to love thy neighbor no matter what the case may be. It feels good to build a relationship with my community.