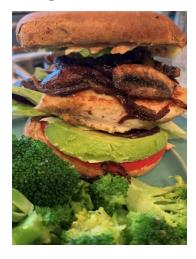
## Not Your Average Chicken Sandwich



PREP TIME: 10 MINUTES

BLEND TIME: 12-14 MINUTES

TOTAL TIME: 25 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

## **Ingredients:**

- 1 1.5 lb. Organic Chicken Breast
- 2 TBSP Extra Virgin Olive Oil
- ¾ Teaspoon Sea Salt
- 1 Teaspoon Cumin
- 1 Teaspoon Onion Powder
- 1 Teaspoon Garlic Powder
- 1/2 Teaspoon Oregano
- 1 Teaspoon Italian Seasoning
- ½ Teaspoon Rosemary
- 1 ½ 2 Medium Avocados Sliced for Sandwich Topping
- 1 Ripe Tomato Sliced for Sandwich Topping
- 4 TBSP Avocado Mayo (I used Primal Kitchen)
- Organic Lettuce (I used baby red butter lettuce)
- 4 Gluten Free Buns (I used Base Culture Buns Grain & Gluten Free)
- Optional: Sauteed mushrooms with red onion for topping

## **Instructions:**

- 1. Remove chicken from packaging and lightly tenderize with a fork. Can cut into pieces so can make 4 sandwiches.
- 2. Cover both sides of chicken with sea salt through rosemary. Drizzle each side lightly with olive oil and save some olive oil for the pan.
- 3. In a grill pan, use the remaining olive oil and drizzle in bottom of pan. Heat on medium.
- 4. Once pan and oil are heated, add chicken to pan. Allow to cook about 6-7 minutes and then flip over. Cook another 6-7 minutes until cooked through (not pink in center with internal temp of 165).
- 5. Remove chicken from heat and place on cutting board. Let sit for 5-10 minutes.
- 6. Toast your bun! Then add mayo (1 TBSP or less to each bun), layer on the avocado, tomato, chicken, and any other desired toppings.
- 7. *Optional:* Serve topped with sauteed mushrooms and steamed broccoli.

\*Try and use all organic ingredients if possible.

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