

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: Sautéed 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 sautéed mushrooms and steamed broccoli.

***Try and use all organic ingredients if possible.**

