

Mango Avocado Chicken Sandwich

Ingredients:

- ¼ avocado
- Coarse salt
- 2 slices low calorie multigrain bread
- 3 ounces grilled boneless, skinless chicken breast
- ¼ mango, sliced
- ¼ small red onion, sliced
- ¼ red bell pepper, sliced
- 4 to 5 dandelion greens, arugula, or mixed greens

Directions:

1. Mash avocado and season with salt and spread on bread.
2. Top with chicken, mango, onion, pepper, and greens.

793 Calories, 92 Carbs, 28g fat, 43g protein, 1294mg sodium, 31g sugar