

Chicken Sandwich

Ingredients:

- 2 slices of whole wheat toast
- 1 pieces of boneless, skinless chicken breast
- 1 tomato
- 2 slices of lettuce
- a little salad cream
- a little salt

Directions:

1. Add a little salt to hot water and cook the chicken meat then cut into slices.
2. Cut the tomato into slices.
3. Wipe a layer of salad cream on the toast.
4. Put the chicken meat and tomato and lettuce in the toasts.

Serves: 2