

# spinach and kale chicken salad sandwich

**Makes 2 servings**

**COOK TIME:** 20 minutes

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8 oz chicken breast, grilled and shredded  
6 Tbsp Trader Joe's Spinach and Kale Greek Yogurt Dip  
4 slices of sprouted whole wheat bread, toasted  
Salt and pepper, to taste

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## Optional Toppings:

2 slices of cheese  
1 stick of celery, diced  
½ tbsp of Dijon mustard, or whole grain mustard  
Drizzle of hot sauce

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SPRAY or drizzle avocado oil in a nonstick pan.

PAN fry or grill chicken breast for 9-10 minutes, or until fully cooked through. Flip chicken halfway through.

LET chicken cool for 10 minutes, before shredding.

MIX shredded chicken breast with Trader Joe's Spinach and Kale Greek Yogurt Dip in a separate bowl. Add additional spices to taste.

TOAST 4 slices of sprouted whole wheat bread.

TOP bread with chicken salad and enjoy!

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## FOR OPTIONAL TOPPINGS

MELT cheese slices onto bread before topping with chicken salad.

DICE celery and mix into chicken salad for added fiber and crunch.

MIX Dijon mustard into chicken salad for added tang.

DRIZZLE your choice of hot sauce into chicken salad for added heat.