

LUNCH / HIGH PROTEIN



Open-Faced Chicken Apple Walnut Toasts

Creamy chicken salad with crisp apple, walnuts, avocado, and sourdough for a fresh, filling lunch.

25 min

2 servings

Lunch

high-protein

quick

488

Calories / serving

40g

Protein / serving

42g

Carbs / serving

19g

Fat / serving



Ingredients

- 10 oz skinless chicken breast (280 g)
- 1 tbsp mayonnaise (made with avocado oil) (15 g)
- 1/2 tsp dill (dried) (0.5 g)
- 2 tbsp chopped walnuts (14 g)
- 1 tsp apple cider vinegar (4.79 g)
- 2 apples
- 1 dash salt (0.4 g)
- 1/2 avocado (68 g)
- 2 medium slice (4-3/4" x 4" x 1/2") sour dough bread (50 g)
- 4 cups chicken broth (960 ml)

Method

- 1 Boil the chicken breast in chicken broth until the internal temperature reaches 165 degrees F (74 degrees C), or cook the chicken in a slow cooker. Once cooked through, shred the chicken using two forks. Confirm the poultry reaches 165°F (74°C) as measured with a food thermometer.
- 2 Wash and dice one apple.
- 3 Once the chicken has cooled, add mayonnaise, dill, chopped walnuts, apple cider vinegar, diced apple, and salt. Mix well.
- 4 Mash the avocado and spread it over slices of sourdough bread. Top each slice with the chicken salad mixture for an open-faced sandwich. Enjoy with a side of sliced apple.

RENEE'S NOTE

"Let the chicken cool before mixing so the mayo stays creamy and the apples keep their crunch. Keep refrigerated at 40°F (4°C) or below. For transport, use an insulated bag with at least two cold sources, and discard food left at room temperature for more than 2 hours, or 1 hour above 90°F (32°C)."

RENEE'S TWEAK

Spread the avocado to the edges of each toast and mound the measured chicken salad through the center so every bite keeps both layers.