

# Food Babe's Chicken or Chickpea Salad Sandwich

Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	0 mins	15 mins	1



<https://foodbabe.com/chicken-or-chickpea-salad-sandwich>

## Ingredients:

- ¼ cup plain grassfed yogurt
- 1 tablespoon apple cider vinegar
- ½ tablespoon dijon mustard
- 1 teaspoon garlic clove, minced
- 6 ounces grilled chicken, diced
- 1 celery stalk, diced
- 2 tablespoons red onions, diced
- ¼ green apple, peeled, cored, and diced
- 10 seedless grapes, halved
- 1 pinch sea salt, to taste
- ½ cup mixed greens
- 1 sprouted wheat tortilla (large) ((gluten free option: use gluten free tortillas))
- 1 pinch fresh ground pepper, to taste

## Instructions:

1. In a small bowl, mix the yogurt, vinegar, mustard, and garlic. Set aside.
2. In a separate bowl, mix the chicken or chickpeas, celery, onion, green apple, and grapes.
3. Add the yogurt mix to the chicken or chickpeas and toss to combine. Season with salt and pepper.
4. To serve, place the mixed greens down the center of the tortilla. Top with the chicken or chickpea salad mix and wrap or place on bread.

## Notes:

- Please Use all organic ingredients if possible