



The Micheff Sisters

Super Subs (8/9/17 TDYC16077)

Chicken Salad Sub

Ingredients:

2 cups	vegan chicken, grated
2 cups	garbanzo beans, drained and mashed
¼ cup	green or black olives, sliced
¼ cup	carrots, grated
½ cup	Vegenasise
1/8 tsp.	onion powder
1 tsp.	dill weed
1 cup	green leafy lettuce, chopped
3 slices	tomatoes
4 – 6 inch	sub buns
Optional	Extra Vegenasise to spread on bread



Directions:

In a medium size bowl mix the grated vegan chicken, mashed garbanzos, olives, grated carrots, seasonings and vegenise. Stir until well mixed. On a six inch sub

If desired spread vegenise on both sides of bread. Lay three slices of Tomatoes on bottom of sub. Put ½ cup Chicken Salad on top of tomatoes. Put one cup of chopped green leafy lettuce on top. Serve with a fresh fruit salad.

Yield: Chicken Salad: 8 heaping – ¼ cup servings

Linda Johnson