

Chicken Salad Sub (vegan)



Ingredients

2 cups	soy curls
2 Tbsp.	McKay's Chicken Style Seasoning
1 15-ounce	can great northern or cannellini beans, drained
2 Tbsp.	fresh lime juice
¼ cup	jalapeno nacho slices
½ tsp.	salt
1 large	ripe avocado
¼ cup	sweet red pepper, diced fine
¼ cup	celery, diced fine
½ cup	sliced green olives
8	whole wheat sub buns
+	Lettuce leaves



Directions

Place soy curls in a large bowl. Break up any long pieces. Add McKay's and cover soy curls with 4 cups of boiling hot water. Let set for 15 minutes. Drain and squeeze out excess liquid.

In a food processor, place beans, lime juice, jalapenos, and salt and process until smooth.

Cut avocado in half and remove seed. Scoop out the avocado and place in bowl. Mash with fork. Add bean mixture, red pepper, celery, soy curls, and olives.

Make sandwiches using ½ cup chicken salad. Add lettuce leaves if desired.

Yields: 8 Subs

You'll love the added avocado in this simple and versatile recipe that can be served on a sub bun, bread, or croissant!

–Brenda Walsh