



FriChik Salad Sandwich

2 small cans or 1/2 of a large can of FriChik drained
1 cup mayo
1/2 teaspoon paprika
1/4 teaspoon salt
1/4 teaspoon sugar
1 tablespoon mustard
1/2 cup diced dill pickle or dill pickle relish.

Directions: Cut FriChik into small pieces (about 1/4 inch dice) and mix with rest of ingredients
Serve on whole grain bread, rolls, tortillas or wrap in leaf lettuce. Remember to adjust mayo and mustard to your personal taste. You can substitute bread and butter or sweet pickles also. Easy, quick, enjoy!

Submitted by Joni G. of North Carolina