



# Chicken Hummus Toasts

## Ingredients

1 1/2 cups or 2 cooked chicken breasts, sliced thinly on the diagonal (leftover cooked white chicken meat, shredded can also be used)

4 thick slices sourdough or French bread

3/4 cup hummus

1 cup baby spinach or arugula

3 Roma tomatoes, sliced

fresh basil leaves (optional)

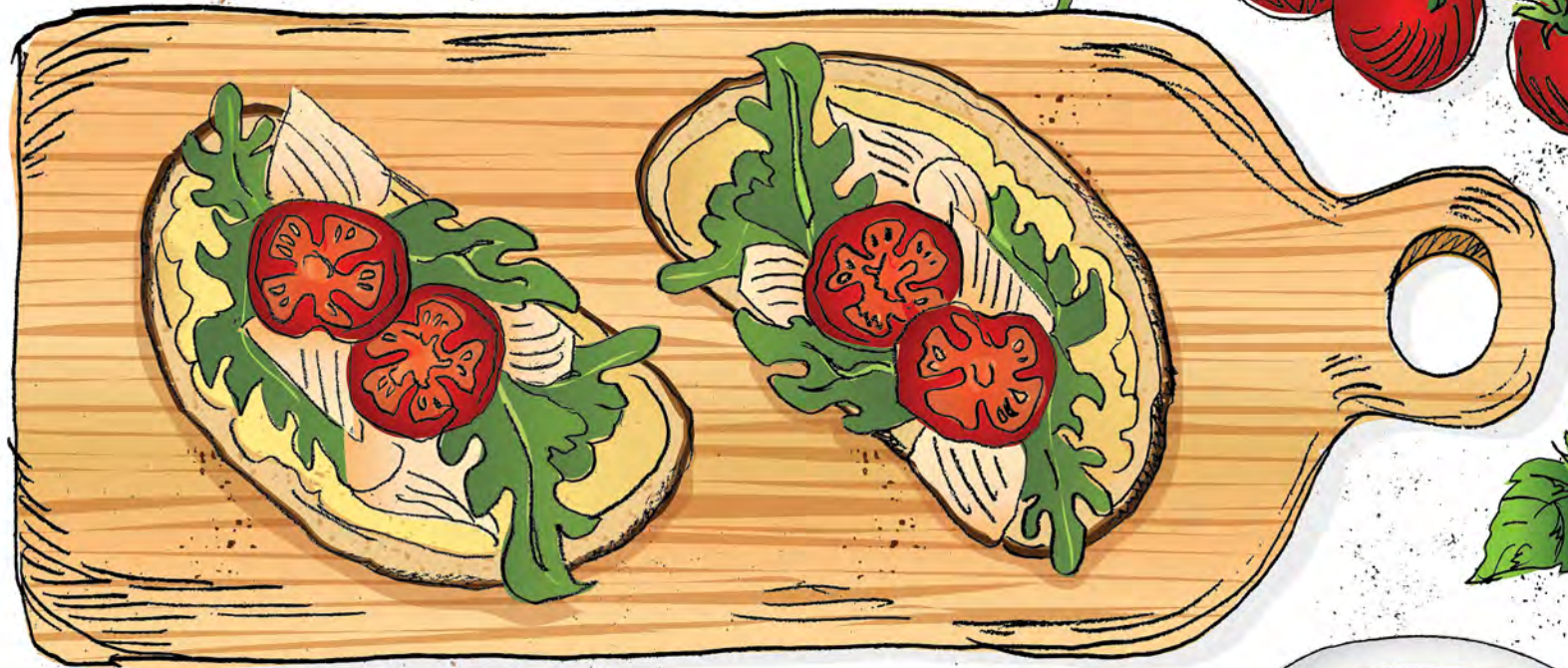
2 Tbsp capers, drained (optional)  
salt and pepper to taste

## Preparation

Toast bread in toaster or grill until golden.

Spread each toast with hummus and top with spinach or arugula, basil, chicken, capers and tomatoes.

Divide between plates and sprinkle with salt and pepper.



## How long can you store chicken?

### FRIDGE

Whole chicken  
2-3 days

Chicken pieces  
2-3 days

Cooked chicken  
3 days

Ground chicken  
1-2 days

### FREEZER

Whole chicken  
12 months

Chicken pieces  
6 months

Cooked chicken  
3 months

Ground chicken  
3 months

