



CURRIED CHICKEN SALAD

By Dr. Cindy Tanzar
(Standard)

Most everyone loves chicken salad. This Indian-inspired recipe brings a lot of flavor and texture to your plate. The celery and almonds bring a nice crunch in contrast to the creamy chicken salad. If you're not familiar with curry, it has many health benefits in addition to a delicious sweet, savory and earthy flavor. It has potent anti-inflammatory properties and is a powerful antioxidant.

This recipe makes 4 servings. One serving of the chicken covers your protein, fat and 1/4 cup vegetable for one meal. Add 1-1/4 cup lettuce as a salad or wrap to cover your vegetable.



INGREDIENTS

- 1-lb boneless chicken breasts
- 1/2 cup Genesis mayo recipe or Primal Kitchen mayo
- 1 tsp. fresh lemon juice
- 2 tsp. curry powder
- 1 cup celery, finely chopped



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2 green onions, thin sliced
1/4 cup toasted slivered almonds
Romaine or Bibb lettuce
Pink Himalayan salt, to taste

INSTRUCTIONS

In a medium saucepan, add the chicken breasts and cover with water. Bring to a boil and simmer, lightly covered, for 20 minutes.

Place the chicken on a plate to cool, then dice into 1/2-inch cubes.

In a medium bowl, whisk together the mayonnaise, lemon juice and curry. Add the chicken, green onions, celery and almonds and stir to combine. Taste and add salt, if needed.

Scoop chicken salad into lettuce leaves.