



CURRIED CHICKEN SALAD

Ingredients

- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- 1¼ pounds raw skinless chicken breast (or 4 or 5 breasts)
- 1½ tablespoons olive oil
- ½ cup mayo
- ½ cup plain Greek yogurt
- 1 tablespoon lemon juice
- 1½ tablespoon curry powder
- 1 apple, chopped
- 1 celery stalk, diced
- 1/3 cup raisins

Instructions

Season chicken breasts with salt and pepper. Heat a large skillet on medium high heat and add the oil when the pan is hot. Add the chicken breasts to the pan and cook about 4 minutes per side, until they are golden brown and the internal temperature reach 165 degrees.

Refrigerate the breasts until fully chilled and then roughly chop them. (Alternatively, you could use previously cooked and chilled chicken breasts.)

Combine the chopped chicken with the remaining ingredients. Stir thoroughly to combine.

Yield: 6 servings

NUTRITION FACTS PER SERVING

CALORIES: 280

PROTEIN: 23 grams

SODIUM: 360 milligrams

CARBOHYDRATE: 18 grams

FIBER: 2 grams

FAT: 13 grams

SATURATED FAT: 3 grams

