

RECIPE

Chicken Salad with Hint of Curry



Ready in **20 minutes**

Serves **4-6 people**

Ingredients

- 1 chicken breast- cooked and chopped
- ½ Envy apple peeled and diced
- ½ -¾ cup mayo
- 2 stalks celery finely sliced
- ¼ cup sweet purple onion minced
- 1 tsp curry powder
- ¼ cup raisins chopped
- ¼ cup craisins chopped
- Salt and pepper to taste

Preparation

1. I use leftover Costco roasted chicken breast, skin removed. Chop chicken into nice bite size pieces.
2. After chopping apples, put them in 1 cup of water with juice of ¼ of a lemon. Let them sit for a few minutes, and then drain completely
3. Add remaining ingredients. Mix well. Add more mayo if it is dry.
4. Taste. Add more salt and pepper if needed.

Tips

I use either garlic salt or celery salt to add more depth of flavor.

You can use an ice cream scoop to plate it on a nice bed of lettuce, or put it in a sandwich.

If you don't have raisins, you can add chopped grapes.

Eat it with a side of pickled vegetables or kimchi. These can be found in most Asian grocery stores.

Spiritual message from this recipe

Chicken can be made into SO many things!
We're like chicken, we can become whatever
we want to. Who do you want to become?