

CURRIED CHICKEN SALAD

ZEST & PEEL COOKING CLASSES

SERVES 4

INGREDIENTS

2 BONELESS SKINLESS CHICKEN BREASTS

(CAN USE ROTISSERIE CHICKEN OR CANNED CHICKEN IN A PINCH)

1/3 CUP OF MAYONNAISE OR MORE TO TASTE

2 MEDIUM STALKS CELERY – DICED SMALL

¼ CUP GREEN ONION – CHOPPED SMALL

1 – 2 CUPS RED SEEDLESS GRAPES – CHOPPED SMALL

2 T FRESH LEMON JUICE

2 T PARSLEY LEAVES – CHOPPED SMALL

2 - 4 TSP CURRY POWDER OR MORE TO TASTE

1 – 2 T HONEY

SALT & PEPPER

SLICED ALMONDS (TOPPING)

INSTRUCTIONS

PLACE CHICKEN BREASTS IN MEDIUM SAUCEPAN AND COVER WITH WATER BY ONE INCH. BRING TO A SIMMER AND ADJUST HEAT TO MAINTAIN A SIMMER.

COOK 15 TO 20 MINUTES UNTIL CHICKEN IS COOKED THROUGH. DRAIN WELL SO SALAD WILL NOT BE WATERY. LET COOL.

SHRED CHICKEN INTO SMALL BITE SIZE PIECES. MIX CHICKEN WITH REMAINING INGREDIENTS. LET CHILL IN REFRIGERATOR. TOP WITH SLICED ALMONDS IF DESIRED.

*YOU CAN USE THIS TO TOP A GREEN SALAD, IN A SANDWICH, LETTUCE WRAP, OR WITH PITA BREAD.