

## Curry Chicken Salad

submitted by moosefood



Per serving: 203 Calories • 3.2g Carbs (0.9g Fiber) • 8.4g Fat • 26.9g Protein

### Ingredients

*Ingredients scaled to: 6 serving*

- 1 tsp **Olive oil** (4.5 grams)
- 3 breast, bone and skin removed **Chicken breast** (708 grams)
- 3 stalks, large (11 inches long) **Celery** (192 grams)
- 1/2 cup **Light mayonnaise** (120 grams)
- 2 tsp **Curry powder** (4 grams)

### Directions

*Directions are based on the original recipe of 6 servings*

1. To cook chicken, first pound out chicken breast a bit to the same thickness by carefully using a kitchen mallet or the back of a heavy jar. Cook in a nonstick pan over medium heat with about a tsp of olive oil, about 4 minutes per side or until cooked through completely without any pink in the middle.
2. Shred or dice chicken, based on your personal preference. Stir together with celery, mayonnaise, and curry powder.