

#MyWholesome80 Recipe: Curried Chicken Salad

from LowCarbKaye.com

If you don't have a rotisserie chicken but do have some chicken breasts in the freezer, cook them by simmering them in a pot with chicken broth, salt, pepper, garlic powder, and onion powder until cooked through. Whether cooking your own chicken or using a store-bought rotisserie bird, refrigerate at least 4 hours, preferably overnight, so that it's fully chilled when you're ready to start working with it.



Ingredients:

- ½ cup mayonnaise (I used my yummy homemade mayo)
- ¾ teaspoon curry powder
- 1 teaspoon kosher or sea salt
- Ground black pepper
- ¾ teaspoon dried cilantro
- ½ teaspoon onion powder
- 1 small apple
- ½ tablespoon lime juice
- 1 pound cooked chicken
- ½ cup chopped, toasted walnuts

Tools and Utensils:

- Knife, cutting board
- Measuring cup/spoons
- Large bowl + spoon for stirring
- Small bowl (for apple/lime juice)

Instructions:

In the large bowl, combine mayo, curry powder, salt, pepper, cilantro, and onion powder. Stir well to combine; set aside.

Core and chop apple into ½-inch chunks (it's up to you whether or not to peel it first). Place apple chunks into the small bowl with lime juice and toss to coat to keep apples from browning.

If using a rotisserie chicken, remove skin and pull meat from the bones, making sure to remove any small bones or cartilage. Roughly chop chicken into bite-sized pieces and add to mayo mixture in large bowl. Add apples and lime juice and stir until chicken and apples are completely coated. You can stir in walnuts or use them as a garnish on top for serving.

I have to admit, the addition of the curry powder did nothing for me. Without it, this is a decent chicken salad recipe. If I'd had grapes, I'd have added those to it as well (my favorite chicken salad, from Rafferty's, includes grapes). If you're not worried about sugar content, it would have been excellent with Craisins in it.