

Curry Chicken Salad



20 min.



6 servings



PER SERVING
203 CAL
FAT: 8g
CARB: 3g
PROTEIN: 27g

INGREDIENTS

- 1 tsp Olive Oil
- 3 Boneless Skinless Chicken Breasts
- 3 Stalks Celery
- ½ cup Olive Oil Mayo
- 2 tsp Curry Powder

DIRECTIONS

1. To cook chicken, first pound out breasts to even thickness. Cook in a nonstick pan over medium heat with about a tsp of olive oil. Cook 4 minutes per side, or until cooked through completely.
2. Cut chicken into small bite-sized chunks.
3. In a medium bowl, stir together chicken, celery, mayo, and curry powder.



EAT THIS MUCH