



Curried Chicken Salad with Apples

Serves 6

- 1 tbsp canola oil
- 1/2 cup red onion, diced
- 1 clove garlic
- 1 tbsp + 1 tsp curry powder
- 3 cups diced chicken (about 3 breasts)
- 4 green onions sliced
- 3 celery stalks, diced
- 1 apple diced
- 3/4 cup toasted slivered almonds
- 1/2 cup plain yogurt
- 1/2 cup mayonnaise
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 cup chopped parsley or cilantro

1. Heat the canola oil in a small pot set over medium-low heat. Add the red onion and garlic and cook for 2min. Add the curry powder and cook for another minute, stirring.
2. In a bowl combine the chicken, onions, celery, apple, almonds, yogurt, mayonnaise, salt and pepper. Add the onion and curry mixture and the parsley and stir well to combine.

Serve on a bed of salad greens or stuffed into a pita