

Crunchy Curried Chicken Salad

Servings per recipe: 1

1 Serving = 1 protein, 1/2 vegetable, 1 Tbsp milk, 1 fruit

Each serving has 225 calories

Mild curry flavors and sweet apple bring out the best in this delicious main course chicken salad that's sure to delight.

Ingredients

- 100 grams cooked chicken breast, diced
- 2 Tbsp hCG Diet approved Basic Chicken Broth
- 1 Tbsp milk
- 1/4 teaspoon mild curry powder
- 4 drops Amaretto flavor drops (optional)
- 4 drops liquid Stevia
- sea salt and pepper to taste
- 50 grams diced celery
- 1 medium apple, cored and diced



Directions

1. Place the chicken in a medium bowl. In a small bowl whisk together the broth, milk, curry powder, Capella and Stevia drops, salt, and pepper. Pour over the chicken, toss to coat, and set aside for 20 minutes.
2. Fold in the celery and apple, and serve immediately.

