

Cold Curried Chicken Salad

Ingredients

- 100 grams chicken, diced
- 1 apple, diced
- 1 ½ cups celery, diced (optional)
- ¼ cup water
- 2 tablespoons lemon juice
- 1 tablespoon finely minced onion
- 1 clove of garlic, crushed and minced
- ¼ teaspoon curry powder or to taste
- Dash of garlic powder
- Dash of onion powder
- Dash of cayenne pepper
- Dash of cinnamon
- Dash of turmeric
- Stevia to taste

Directions

1. In small saucepan lightly sauté chicken in lemon juice until lightly brown.
2. Add ¼ cup water and spices.
3. Stir well & simmer over low heat until liquid reduces a sauce & chicken is cooked well.
4. Add water as needed to create the consistency you want.
5. Chill, add chopped apple and celery or omit the celery and serve over a green salad.

Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

27 grams protein

3 fat

**HCG
Diet
Tip**

Dilute the strong flavor of apple cider vinegar by mixing it with a little Stevia or a few teaspoons of water or broth.

