## **Cold Curried Chicken Salad**

## Ingredients

- 100 grams chicken, diced
- 1 apple, diced
- 1 <sup>1</sup>/<sub>2</sub> cups celery, diced (optional)
- <sup>1</sup>/<sub>4</sub> cup water
- 2 tablespoons lemon juice
- 1 tablespoon finely minced onion
- 1 clove of garlic, crushed and minced
- 1/4 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

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

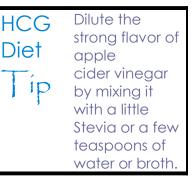


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Makes 1 serving (1protein, 1 vegetable, 1 fruit) 27 grams protein 3 fat 260 calories





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