

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

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



Directions

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.



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.