



## Curried Chicken Salad

### Ingredients:

- 4 skinless and boneless organic Chicken Breasts cut into cubes
- 3 celery stalks, cut on the diagonal thin
- 1 small or 2 medium Golden apples, cut into 1/4 inch pieces
- 1/4 cup golden raisins
- 2 Tablespoons and 1 teaspoon of fresh Lime juice
- 1/4 cup fresh cilantro
- 1 cup of curry dressing
- 2 teaspoons of Sea salt, pinch of pepper
- 1/2 cup toasted walnuts
- Optional: chopped scallions to garnish

### CURRY DRESSING: Mix both together well

- 1 cup of vegenaïse
- 1 Tablespoon curried powder

### Procedure:

1. Clean and salt and pepper chicken and cook for 20-25 mins in a baking pan with water on the bottom by 1/4 inch. (can use Chicken broth) .Put aluminum foil on top with a knife slash in top. Don't let the foil touch the chicken, you're forming a tent and the chicken will steam. Put to the side, let cool well.
2. Cut the chicken into medium cubes and toss in a big bowl with celery, apples, raisins, sea salt and pepper. Add cilantro, toss
3. In a small bowl, whisk curried dressing with the lime juice and pour over the Chicken mixture to coat well, add nuts and then adjust the seasonings.

Serve over Bib lettuce or other colorful greens

### Cooks Notes:

Vegenaïse is a dairy free mayo, buy the Organic brand by , "Follow Your Heart"  
Can add a teaspoon of turmeric for health reasons , may turn salad more yellow.