



COOKING CLUB 2019-2020:

SIMPLY SANDWICHES

recipe

CURRIED CHICKEN SALAD

SERVINGS: 6



HOW WE USED IT:

We made INDIAN CURRIED SLIDERS by adding our Curry Chicken Salad to mini dinner rolls with cucumber and red onion for a nice, veggie-rich crunch!

ingredients

3 COOKED BONELESS CHICKEN BREASTS, DICED

3 STALKS CELERY, CHOPPED

1/2 CUP MAYONNAISE

2 TSP CURRY POWDER

NUTRITION NUGGET:

Celery can have anti-inflammatory benefits which may help prevent possible future diseases!

method

1. Dice the chicken and chop the celery.
2. In a medium bowl, stir together the chicken, celery, mayonnaise, and curry powder.
3. Scoop 1/2 cup onto each dinner roll and top with fresh veggies.