

Curry Chicken Salad

By Chef Darian Bryan



INGREDIENTS:

- 1 lb. Boneless Skinless Chicken Breasts
- ½ cup celery sliced small
- ½ cup red grapes, sliced in half
- ¼ cup red onion, peel, diced small
- 1 apple of your choice
- 2 Tbsp. mayonnaise
- 1 Tbsp. honey
- 3 Tbsp. fat free Greek yogurt
- 1 tsp. yellow curry
- ½ tsp. garlic powder
- Whole Wheat Pita bread

DIRECTIONS:

1. Boil chicken breast, for about 10 minutes or until 165F, set aside to cool.
2. Cube chicken breast into bite-size pieces
3. In a medium mixing bowl, add Greek yogurt, mayonnaise, curry powder, honey, garlic powder, mix all ingredients together until combined.
4. Add diced chicken and remaining ingredients in the yogurt and curry mixture and mix well.
5. Serve on Wegmans whole wheat pita bread.

MEAL KIT SHOPPING LIST



20 min

Yield: 6 servings



1 apple



1 bottle
mayonnaise



1 package
red grapes



1 bottle honey



1 bunch of
celery



1 red
onion



1 lb. chicken
breast



1 greek
yogurt cup



1 whole
wheat pita
package

Seasonings and more:

- curry powder
- garlic powder

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healthyoptionsbuffalo.com


Healthy Options

Cooking at Home

Grocery cost: \$24.48

Recipe cost: \$17.22

Cost per meal: \$2.87

*prices found at Wegmans as of
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