

Lemon Turmeric Chicken Salad

Serves 2

- Finely grated zest of ½ lemon
- ½ tablespoon lemon juice
- ¼ teaspoon white vinegar
- ⅛ teaspoon ground turmeric
- ½ garlic clove, finely grated
- ⅛ teaspoon sugar
- ¼ tsp kosher salt (or to taste)
- 45g plain Greek yogurt
- 15 g (1T) mayonnaise
- 1 T finely chopped fresh dill
- 180g steamed chicken breast, shredded
- ½ stalk celery, finely diced (30g)
- ¼ small red bell pepper, finely diced (30g)
- 4-6 crisp lettuce leaves, (romaine, butter, or iceberg) for wrapping
- 15 g chopped walnuts
- ½ small avocado, diced (about 75g)



1. In a medium bowl, combine **lemon zest**, **lemon juice**, **vinegar**, **turmeric**, **garlic**, **sugar** and **salt**, and stir to dissolve the turmeric.
2. Add the **yogurt** and **mayonnaise** and stir until smooth.
3. Fold in the **dill**, **chicken**, **celery**, **bell pepper**, **chopped walnuts**, and **avocado** gently to avoid smashing the avocado.
(Chicken salad can be made up to 3 days in advance. Store in an airtight container in the refrigerator.)
4. Serve chicken salad with pitas, lettuce, tomato and red onion alongside, or make sandwiches.

Estimated Nutrition (Per Serving: 3 wraps)

Nutrient	Value (approx.)
Calories	~350 kcal
Protein	~30 g
Fat	~20 g
— Sat. Fat	~2.5 g
Carbs	~8–9 g
— Sugars	~3 g
Fiber	~4 g
Sodium	~360 mg

For mild heat:

Option 1: Jarred Jalapeños

- **1 to 2 teaspoons**, finely chopped (about 3–4 slices)
 - Add less if you're unsure — it's easy to stir in more after tasting.
 - Rinse lightly if they're very vinegary or salty.

Option 2: Cayenne Pepper

- **Just a pinch** (about **1/16 teaspoon**) to start
 - Mix into the yogurt-mayo base so it spreads evenly.
 - You can go up to **⅛ teaspoon** if you want a bit more heat, but start small — cayenne can sneak up on you.