

Curried Chicken Salad

カレーチキンサラダ

Serves 4

Ingredients

Dressing

- 80 g nonfat Oikos Greek yogurt オイコス無脂肪ギリシャヨーグルト
- 30 g mayonnaise マヨネーズ
- 3 T / 45 g lime juice ライム果汁
- Zest of 1 lime ライムの皮
- 1 T / 8 g curry powder カレー粉
- ¼ tsp salt + pinch MSG 塩+MSG
- ¼ tsp black pepper 黒こしょう

Salad

- 405 g cooked chicken breast 鶏むね肉
- 100 g celery セロリ
- 50 g nashi pear or apples 梨・リンゴ
- 25 g scallions 青ねぎ
- 40 g roasted cashews カシューナッツ
- 20 g walnuts くるみ

Instructions

1. Combine all dressing ingredients until smooth.
2. Add **chicken, celery, nashi, and scallions**.
3. Mix until evenly coated.
4. **Refrigerate at least 1 hour**.
5. Stir in **cashews** and **walnuts** just before serving.
6. Adjust seasoning if needed.

Serving Suggestions

- Serve on lettuce leaves or mixed greens.
- Excellent with chilled melon, papaya, or nashi.
- May be used as a sandwich or wrap filling.

Nutrition

Entire Recipe

Kcal total: 1130 | Protein: 141 g | Fat: 39 g | Sat Fat: 6 g | Carbs: 55 g | Sugars: 30 g | Fiber: 8 g | Sodium: 850 mg | Omega-3: 1.8 g

Per Serving (4 servings)

Kcal total: 283 | Protein: 35 g | Fat: 10 g | Sat Fat: 2 g | Carbs: 14 g | Sugars: 8 g | Fiber: 2 g | Sodium: 213 mg | Omega-3: 0.45 g

