

THE BEST CHICKEN SALAD

Servings: Up to 7

Cooking Time: 25 Minutes



INGREDIENTS

- 3 cooked, cubed or shredded Farmer Focus Boneless Skinless Chicken Breasts (about 1.5 lbs)
(sub idea: Boneless Skinless Thighs)
- 2 cups mayonnaise
(sub idea: greek yogurt)
- 1 cup red onion (about 1/2 medium onion), minced
(sub idea: any onion'll do!)
- 1/2 cup currants
(sub idea: raisins, or try chopping dried dates, tangerines, mango, etc.)
- 1/2 cup diced green apple
(sub idea: any type of apple, or firm pear.)
- 1/2 cup almonds
(sub idea: walnuts, cashews, pecans.)
- 1Tb curry powder
(sub idea: yellow or brown mustard)
- 1Tb olive or avocado oil (optional)
- 1 tsp ground black pepper
- 1/2 tsp table salt

DIRECTIONS

1. Begin by whisking together curry powder, oil, black pepper, and salt together with the mayonnaise until well-blended.
2. Add cubed or shredded chicken, and turn until the chicken is fully coated.
3. Add currants, diced green apple, and chopped nuts and tumble around until all ingredients are mixed together.
4. Serve it up!

Serving Ideas

On a sandwich:

Grilled sourdough bread with Havarti cheese, lettuce, and tomato.

As a salad:

On a bed of mixed greens with a light drizzle of olive oil.

As a dip:

You have to try this. Mix together with any variety of microgreens (packed with extra nutrients!), then scoop it up with sweet potato chips.