

Curried Chicken Salad

10 ingredients · 15 minutes · 4 servings



Directions

1. In a bowl, combine shredded chicken, pine nuts and apples.
2. In a bowl, mix together mayonnaise, greek yogurt, honey mustard, smashed avocado, and curry powder
3. Add curry mix to the shredded chicken mix and toss.
4. Serve over spinach or eat as a sandwich.

Ingredients

- 3 cups** Rotisserie Chicken- Shredded (Pre-cooked)
- 3 Ts** Pine Nuts (optional)
- 1 cup** Apple (diced)
- 1/4 cup** Mayonnaise (Primal Kitchen)
- 1/4 cup** Plain Greek Yogurt
- 1/2** Avocado
- 1 T** Honey Mustard (Primal Kitchen)
- 1 tsp** Curry Powder (or more)
- 2 cups** Baby Spinach
- 1** Whole Wheat Hamburger Buns (Optional)