

# Curry Chicken Salad

## By Chef Darian Bryan



### 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.

### 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

### Nutrition Facts

servings per container  
Serving size 1/2 Stuffed Pita

Amount per serving  
**Calories 240**

	% Daily Value*
<b>Total Fat</b> 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 30g	11%
Dietary Fiber 1g	4%
<b>Total Sugars</b> 10g	
Includes 3g Added Sugars	6%
<b>Protein</b> 23g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 22mg	2%
<b>Iron</b> 0mg	0%
<b>Potassium</b> 465mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# MEAL KIT SHOPPING LIST

## Week 1: Curry Chicken Salad

### Fruit:

- 1 apple- \$1.00

### Vegetables:

- 1 package red grapes- \$3.98
- 1 bunch celery - \$1.79
- 1 red onion - \$1.12

### Protein:

- 1 package chicken breast - \$8.99

### Dairy:

- Non-fat Greek Yogurt cup - \$0.79

### Grains:

- 1 package Wegmans Whole What Pita Bread - \$3.29

### Herbs, Spices & More:

- 1 bottle mayonnaise - \$1.99
- 1 bottle honey - \$3.69
- Curry Powder
- Garlic powder

  
Cooking at Home

Grocery cost: \$27.64

Recipe cost: \$13.48

Cost per meal: \$2.24

\*prices found at your local Wegmans store