

Harveys Supermarkets Sweet and Spicy Curry Peach Chicken Salad



Ingredient List

1 large chicken breast or 3 small chicken tenders Olive oil

1/2 - 3/4 cup nonfat plain Greek yogurt

1 - 2 peaches, chopped

1 stalk celery plus the leaves, chopped

1/4 cup chopped red onion

1/2 jalapeno, chopped

1/2 tsp. curry powder, divided (1/4 tsp. & 1/4 tsp.)

3/4 tsp salt

pepper

Directions

Step 1

Toss the raw chicken in olive oil and coat with one of the 1/4 tsp. curry powder. Grill or bake the chicken until done. (One baked chicken breast is usually about 20 min. at 400 degrees F). Allow to cool and chop into bite-size chunks.

Step 2

Put all the ingredients in a bowl (including cooled chicken) and add the yogurt a tablespoon at a time - until desired flavor is reached. (Some people like really saucy chicken salad and some do not.) Mix it all together until you reach the desired consistency.

Step 3

You may want to chill before serving. Serve on a croissant or a bed of lettuce and enjoy!