

Family Food Experts

Home of the Kid Kritics Approved Seal



****This Recipe is Kid Kritics Approved!****

**Kid Kritics Approved Product:
Shelton's Premium Canned Chicken Breast**

Curry Chicken Salad

PANS/EQUIPMENT: Mixing bowl, cutting board & knife

PREP TIME: 10 minutes

NUMBER OF SERVINGS: 8 or more depending on ages

4 cans Shelton's Premium Breast of Chicken

Drain cans and add chicken to mixing bowl. Shred apart.

1/2 cup organic mayonnaise or Vegenaïse spread

1 Tablespoon lemon juice

1/4 teaspoon sea salt

1/4 teaspoon curry powder (your choice)

Add to chicken and mix well.

1/2 cup chopped celery

1/4 cup slivered almonds

1 Tablespoon chopped fresh parsley

Dash paprika

Add to chicken, mix throughout so evenly distributed. Sprinkle paprika on top.



OPTIONS: The Kid Kritics loved this served with organic apple slices and Blue Diamond Almond Nut-Thins crackers - to scoop up the chicken salad. Try it on salad greens or as part of a sandwich or wrap! Or serve with celery sticks. Garnish with extra parsley. Feel free to add extra celery, almonds, and curry powder! We used Frontier brand Curry Powder, Salt-Free Blend.

RECIPE SOURCE: Family Food Experts

7 FOOD COLORS: Tan, green, brown, white, yellow, red, orange

6+ FOOD GROUPS: Poultry, vegetables, essential fatty acids, fruits, nuts, herbs/spices, + whole grains option

Curry is a good source of Vitamin B6, Folate, Calcium, Magnesium, Phosphorus, Potassium and Copper, and a very good source of Dietary Fiber, Vitamin E (Alpha Tocopherol), Vitamin K, Iron and Manganese.* Start adding it to your recipes. This dish is power-packed with nutrition and it is SO delicious!