

Chicken Curry Salad

This light easy recipe makes a good filler for lettuce wraps.

Ingredients

1 large boneless, skinless chicken breast
1 Tbs. mayonnaise
¼ cup cooked **or** canned garbanzo beans
¼ cup fresh or frozen peas **or** edamame
1/8 tsp. curry powder

Utensils

Knife and cutting board
Measuring cup
Measuring spoons
Spoon
Bowl
Baking pan or grill

This dish is seasoned to taste. If using fresh peas or edamame shell them. Cook the chicken by baking it at 350° or on the grill until done. Let the chicken cool. The dish can be prepared up to this point in advance. Shred the chicken into a bowl. Add the mayonnaise, garbanzo beans, peas or edamame, and curry powder. Mix well and chill. Serve with crackers, in pita pockets, wraps, or on a bed of lettuce.