



Curry Cashew Chicken

A very health way to get your protein, it makes a great snake, appetizer or finger food for a part. It is also a very simply lunch idea.

Prep Time: 15 min.

Cook Time: 0

Ready In: 15 min.

Serving Size: 6 servings

Ingredients

- ✓ 15 oz. can of chicken in water, drained
- ✓ 6 Romaine lettuce leaves
- ✓ ½ avocado
- ✓ 1 tsp. extra virgin olive oil
- ✓ ½ tsp. curry powder
- ✓ ½ lime
- ✓ 2 celery stalks, finely chopped
- ✓ ½ apple, finely chopped
- ✓ ¼ cup cashew, finely chopped
- ✓ 2 scallions thinly sliced
- ✓ salt and pepper to taste

Directions

1. Wash and pat dry 6 Romaine lettuce leaves and set aside.
2. In a medium bowl, mash together the avocado, olive oil, curry powder and the juice squeezed from ½ a lime.
3. Add the chicken, celery, apple, cashew, scallions and stir to combine.
4. Season with sea salt and pepper to taste.

Nutrition

Amount per serving

- ❖ Calories: 180
- ❖ Total Fat: 7 g
- ❖ Total Carbs: 7 g
- ❖ Protein: 19 g
- ❖ Sodium: 378 g