

Curried Chicken Salad with Red Peppers

Serves 2 / 20mins Cook Time

20.6 carbs / 55.5 fat / 51.5 protein / 775.2 calories

Ingredients

- 1 cup chopped, cooked chicken
- 4 tablespoons mayonnaise
- 2 teaspoons curry powder
- 1/4 cup sliced red bell peppers
- 2 tablespoons walnuts
- 1 tablespoon olive oil
- Salt and pepper

Directions

Chop chicken, peppers and walnuts and place in a medium sized bowl. In a small bowl, combine mayo, olive oil and curry powder, mix well. Add mayo mixture to chicken mixture and stir until all ingredients are incorporated. Season with salt and pepper to taste. Serve.

