

Curried Chicken Salad



Yields

3-4 Servings

Ingredients

1/4 cup sliced almonds, toasted

1/2 cup plain yogurt (dairy or non-dairy)

2 tablespoons soy-free mayonnaise

1 teaspoon curry powder

2 1/2 cups diced cooked chicken breast, tofu, tempeh, or fish

1 cup halved red grapes

1/4 cup chopped cilantro

Sea salt & pepper to taste

Directions

Mix everything but the grapes together. Fold the grapes into the mixture after everything else is thoroughly combined. If you would like to stuff your mixture into a wrap, use a brown rice wrap, corn tortilla, romaine lettuce, or a collard leaf. Add lots of fresh vegetables.