

The Nourishing Well

Low-Sodium Curried Chicken Salad

60 MIN

4 Cups

Easy

Ingredients

Chicken and veg

- 1 ½ pounds boneless chicken breast, poached then shredded
- ¼ red onion, small dice
- 1 rib celery, small dice
- ½ cup quartered red grapes
- ¼ cup chopped cilantro or parsley

Dressing

Since this dressing lasts for quite a while in the fridge we usually double the recipe to have it on hand.

- 1 Earth Balance Mayo *
- 3 tablespoon Frontier Herbs brand curry powder
- 2 tablespoons Frontier Herbs brand vindaloo curry seasoning
- ¼ cup light agave
- 2 to 3 limes, juiced

* We use Earth Balance Vegan Mayo for our low-sodium dishes since it has less sodium than mayo - unless you make your own mayo, which is so simple and easy you might want to do that to further reduce the sodium in the salad.

Instructions

Poach the chicken

- Use about 4 cups of cool, filtered water for 2 large chicken breasts.
- Put your boneless breasts into the cool water, making sure the breasts are completely covered with water, then turn on medium heat and bring the water to a gentle simmer.
- Turn the breasts when the water starts to simmer then cover the pot.
- Turn the heat to low and allow the water to barely simmer for about 10 minutes. I usually check the temperature now with an instant-read thermometer to get an idea of how much longer it might need.
- Turn off the heat, cover tightly, and allow to sit for another 10 minutes. The chicken is ready to remove from the water when an instant-read thermometer reads 160°.
- Remove the chicken from the poaching liquid and allow it to sit long enough for you to handle it, about 10 minutes.

While the chicken is poaching make the dressing and prep your veggies.

Dressing

Simply mix all the ingredients in a bowl.

Put it all together

We usually shred the chicken for our chicken salad, but this takes a little longer than dicing so dice away if you prefer to get it done more quickly.

Mix the chicken with the veggies then add half the curried mayo mixture. Mix well. If the salad's a little dry then add enough dressing to create the consistency you would like.

This salad tastes best if it's allowed to sit in the fridge for about a half-hour to let the flavors meld.

If you have any extra dressing it will keep well tightly sealed in the fridge.