

Awesome Chicken Salad

 Gluten-free

If you enjoy the Awesome Chicken Salad at the Chequamegon Food Co-op, you're in luck — this is an adaptation of that same recipe!

Ingredients:

1 tablespoon olive oil

$\frac{3}{4}$ teaspoon + 1 $\frac{1}{2}$ tablespoons curry powder

salt and black pepper to taste

2 lbs. of chicken breast

2 stalks of celery, chopped

$\frac{1}{4}$ cup dried cranberries, chopped

1 bunch scallions, chopped (or small onion)

1 $\frac{1}{2}$ cups cooked wild rice ($\frac{1}{2}$ cup dried wild rice, see cooking instructions on page 31)

1 tablespoon lemon juice

1 cup mayo

1. Preheat oven to 450°F.
2. Mix the olive oil, black pepper, salt, and $\frac{3}{4}$ teaspoon curry powder together and spread on chicken breasts.
3. Bake chicken until tender (about 20 mins.), then chop into small cubes, and place in a large bowl.
4. Chop the scallions, celery, and dried cranberries. Add to the chicken along with the cooked and cooled wild rice. Mix well.
5. In a separate bowl, mix the mayo, lemon juice, and 1 $\frac{1}{2}$ tablespoons of curry powder to form a dressing.
6. Stir dressing into the salad and serve.

