

Curry Chicken Sandwich



This protein packed blend features nutrient dense kale and curry for a unique savory sweet flavor.



Nutrition Info

- Makes:** 36 fluid ounces
= 4 ½ cups
= 1065 milliliters (mL)
- Calories:** 1050 kcal
- Kcals/ mL:** 0.99 kcal/ mL
- Carbohydrate:** 33%
- Protein:** 33%
- Fat:** 34%

Make it for the whole family:

<https://www.allrecipes.com/recipe/15735/fruited-curry-chicken-salad/>.

Curry Chicken Sandwich

Ingredients

- 1 cup 2% milk
- 1 cup plain, full fat greek yogurt
- 1 tablespoon olive oil
- 3 slices whole grain bread (approximately 100 calories each)
- ½ cup chopped bell pepper
- 1 medium apple, cored
- 1 cup chopped boneless skinless chicken breast
- ½ teaspoon curry powder
- ½ cup kale or other leafy greens

Preparation

1. Let chicken cool before blending. Do not add hot ingredients to your blender.
2. Add ingredients to blender in order listed. Blend until completely smooth. Strain if necessary.
3. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

Chef knife

Cutting board

High powered blender

Measuring tools:

- 1 cup
- ½ cup
- Tablespoon
- ½ teaspoon

Tips

Pick up a pre-cooked rotisserie chicken to save time.



For more recipes and information visit www.CookingForTubies.com
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