

Mayo-less Curried Chicken Salad

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For The Dressing:

1/3 Cup Mango, diced*	1 Teaspoon Bourbon Smoked Paprika
1/3 Cup Roasted Red Pepper	1 Teaspoon Sea Salt
1/4 Cup Nutritional Yeast	1/4 Teaspoon Pepper, or to taste
2 Teaspoons Curry Powder	

For The Salad:

1 Pound Chicken Breasts, boneless & skinless	1/2 Cup Yellow Bell Pepper, diced
1/4 Teaspoon Curry Powder	1/2 Cup Onion, diced
1/4 Teaspoon Bourbon Smoked Paprika	1 Roma Tomato, diced
1/4 Teaspoon Sea Salt	1/3 Cup Mango, diced*
Pinch of Black Pepper	8 Cups Romaine Lettuce, shredded (1 large head, or 2 smaller heads)
1 Teaspoon Olive Oil	
1/2 Cup Celery, diced	

Instructions:

1. Heat a skillet over medium heat, and add the olive oil. Season the chicken breasts with the curry powder, paprika, salt and pepper, and cook for about 4-7 minutes each side depending on their thickness, or until done. Let rest for 5 minutes before chopping into chunks.
2. In a blender, add red pepper and mango, and blend until smooth. Add in spices, and blend again until smooth. Taste, and adjust seasonings if necessary. Mixture should be thick, but if it's too thick to blend, add a touch of the juice from the roasted red pepper jar, or a splash of water.
3. In a bowl, add the chicken, celery, bell pepper, onion, tomato, mango, and dressing, and mix well.
4. Divide the romaine lettuce between 4 salad bowls/plates, and top with the mayo-less curried chicken salad. Enjoy!

*Just as a side note, I used half of one mango for the dressing, and the other half for the salad. Don't worry if you're a little short or over on the mango measurement.

Serves 4

Nutritional Information per serving:

Calories	206
Total Fat	3.4g
Saturated Fat	0.3g
Cholesterol	58.4mg
Sodium	680.8mg
Carbohydrates	19.8g
Fiber	5.1g
Sugars	10.6g
Protein	25.5g