

# Curried Chicken Salad Wrap

Al Mazur

## Ingredients

Two large boneless & skinless chicken breast halves, poached (or breasts from a super market chicken), diced

1-2 TBSP. finely chopped onion

½ cup finely chopped celery

½ cup shredded carrots

½ cup finely chopped dried apricots (or other dried fruit)

½ cup shaved almonds

1 heaping TBSP. curry powder ( I like Pensey's NOW Curry powder) , more or less to taste

1 tsp. ground turmeric (good for the guys)

Salt & Pepper, to taste

¼ cup light mayo (I like Sprouts Lite mayo), more or less to taste

About 5" diameter bok choy leaves with white stem removed

Or some other hardy yet pliable leaf, or endive, or? Kale might be too stiff. Butter lettuce might be too soft.

Toothpicks

## Preparation

Mix all of the ingredients, chicken through mayo, cover and refrigerate. It's best to let the chicken salad sit and rest for a while (overnight) to let the flavors blend and mellow. Fill the leaves with some chicken salad (don't overfill) and secure with a toothpick.

The ones I brought were made the night before, kept chilled in a covered container and then served the following day.

This a made up recipe with what I had available so be creative and experiment!