

## Cold Curried Chicken Salad

Everywhere around me, people talk about giving up carbs. Eat Paleo! Keto's the best! Everything is low-carb, low-carb, low-carb. Look, I'm not against low-carbs. I've had some delicious meals that were lower in carbs. In truth, if all it took was giving up pasta and rice, I could probably do it.

But I'm not giving up bread. It's. Not. Happening. Without bread, how do you eat a sandwich? A pizza? Or just bread and butter?

I bake bread, and seek out bread, and when I find a good loaf, I immediately try to find something to do with it that isn't always just eating it as is. Sometimes, that actually works. Like in this case.

Some bread is just made for sandwiches, and so when you find it, that's what you do with it. This bread was a hearty wheat bread I picked up at a local bakery, and I immediately knew what I was going to do with it, and that is make a cold curried chicken sandwich. Especially since I have some of the best curry powder I've ever had, from Ava Jane's Kitchen. It's the perfect level of heat and spice, which is why eating it cold is the perfect contrast.

This is a pretty easy recipe, but the ingredients may surprise you. For one thing, there's no mayo. Instead, I used Greek yogurt as a stand in. It's thick and creamy and rich and tangy, so in it goes. A bit of Ava Jane's Kitchen Avocado Oil, some Ava Jane's Kitchen Curry Powder, and cooked chicken. Finished with some roasted peppers. Oh, and bread. You want a hearty, sturdy sandwich bread that will hold up. The chill factor is the best thing about this chicken salad. Seriously, taste the chicken salad at room temperature and then taste it cold. You'll see the difference.

## Cold Curried Chicken Sandwich

Makes 2 sandwiches

### Ingredients:

1/2 cup plain Greek yogurt  
1 teaspoon Ava Jane's Kitchen curry powder  
1 tablespoon Ava Jane's Kitchen Avocado Oil  
2 cups cooked and diced chicken breast  
1/2 cup sliced roasted peppers  
Colima Sea Salt, to taste  
4 slices hearty wheat bread  
Lettuce leaves

### Directions:

In a bowl, whisk the yogurt, curry powder, and avocado oil until well combined. Add the

chicken and peppers, and a pinch or two of Colima Sea Salt to taste. Mix well and chill for several hours.

To serve, spoon the cold chicken salad on the bread and top with lettuce leaves.