

Cooking
is
Bliss!

Ingredients

Chicken

- 1 ½ lb Chicken breasts
- 1 ½ tsp Salt
- 2 tsp Curry powder
- ½ tsp turmeric
- 1 ½ tsp Mrs. Dash garlic blend
- 1 tbsp Lime juice
- drizzle of olive oil

Other

- ¼ medium onion
- 1 stalk of celery
- 12 red Grapes
- 3 tbsp. walnut pieces
- 2 tbsp. cranberries
- ⅔ c mayonnaise
- 2 tbsp. lemon juice
- Spinach tortillas
- Spinach
- Tomatoes

Just when you thought the chicken salad was enough! Kick it up a notch & add curry flavor, with sweet juicy grapes, dried cranberries & walnut pieces! All on a bed of spinach & tomatoes wrapped up in a spinach tortilla! Take your chicken salad experience to another level!



1. Tenderize chicken breasts then season with salt, curry powder, turmeric, & Mrs. Dash's original blend & lime. Place in the oven on a sheet pan covered in foil & bake at 400 degrees x 12-15 minutes. Once the chicken is cooked, allow it to fully cool, then refrigerate.
2. Chop chicken into small cubes: chop onions, celery, & grapes.
3. Add chicken, onion, celery, almonds, cranberries, mayonnaise, & lime to a bowl & mix until thoroughly combined.
4. Add spinach leaves & tomatoes to a tortilla then add as much chicken salad as you like! Wrap it up, cut it diagonally, & enjoy!

