

Curry Chicken Salad

Ingredients

- 1 1/2 cups chopped cooked chicken breast (about 8 ounces)
- 1/2 cup halved seedless red grapes
- 1/2 cup diced peeled apple
- 2 tablespoons diced pineapple
- 3 tablespoons low-fat mayonnaise
- 1 teaspoon honey
- 1/2 teaspoon curry powder
- 1/2 teaspoon fresh lemon juice
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 tablespoon walnuts or almonds, toasted

Directions

1. Combine first 4 ingredients in a large bowl.
2. Combine mayonnaise and next 5 ingredients (through pepper), stirring with a whisk.
3. Pour mayonnaise mixture over chicken mixture; toss gently to coat.
4. Sprinkle with walnuts or almonds. Cover and chill.

Nutrition Information makes 2 servings (serving size = 1 1/4 cup)

Per Serving

Calories: 300

Fat: 7g

Saturated Fat: 1.3g

Cholesterol: 89mg

Sodium: 435mg

Carbohydrate: 26g

Fiber: 2g

Protein: 34g



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