

Curried Chicken Salad

¾ lb (about 2 cups) cooked cubed chicken breast
1 cup red grapes, halved
1 cup coarsely chopped celery
1 tsp curry powder
½ cup light mayonnaise

Combine ingredients and refrigerate until ready to serve. If you don't have grapes or celery on hand, 1 cup chopped apples and ¼ cup raisins work as well.

Optional: Garnish with toasted, slivered almonds or pistachios. To toast nuts, place on baking sheet in preheated oven at 300 degrees F for about 10 minutes.

Serves 4

Nutrient Value (¼ recipe)

(with apples and raisins)

Calories 259
Carbohydrates 14 g
Protein 22 g
Saturated Fat 2 g
Fiber 1 g

(with grapes and celery)

Calories 246
Carbohydrates 10 g
Protein 22 g
Saturated Fat 2 g
Fiber 1 g

Nutrition Center
UI College of Public Health
www.uiowanutritioncenter.org