

Curried 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
- 1 tablespoon dried currants
- 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 sliced almonds, toasted

Preparation

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

Yield

2 servings (serving size: 1 1/4 cups)

Nutritional Information

CALORIES 303(21% from fat); FAT 7.2g (sat 1.3g,mono 2.3g,poly 1.3g); IRON 1.7mg; CHOLESTEROL 89mg; CALCIUM 37mg; CARBOHYDRATE 25.7g; SODIUM 435mg; PROTEIN 33.8g; FIBER 1.9g