

SWEET CURRY CHICKEN SALAD

MAKES: 5 servings (1/2 cup each)

INGREDIENTS

- 2 cans (5 oz each) chicken, drained*
- 1 stalk celery, chopped
- 1 stalk green onion, finely chopped
- 1 small apple, peeled and finely chopped
- 3 Tablespoons raisins (optional)
- 1/4 cup mayonnaise
- 2 teaspoons curry powder
- 1/2 Tablespoon water
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

***You can also use 1-1/2 cups of leftover cooked chicken instead of canned chicken.**

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DIRECTIONS

In a medium sized bowl, combine chicken, chopped celery, chopped green onions, chopped apple, and raisins (if desired). Mix together until well blended. In a small bowl, combine mayonnaise, curry powder, and water in a bowl. Stir until well blended, then add to the chicken mixture. Add salt and pepper and stir until well combined. Enjoy in a variety of ways (as seen in the tips below).

HEALTHY TIPS

- Eat by the spoonful or with whole grain crackers as a snack.
- Eat in a sandwich, whole grain tortilla, or pita pocket.
- Serve on top of leafy greens such as romaine lettuce, arugula, spinach, or kale.

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