

Curried Chicken Salad

Makes 4 servings



- 3 cups chopped rotisserie chicken (or cooked chicken breasts)
- 1 cup halved red grapes
- 1/2 cup chopped scallions
- 1/2 cup plain, nonfat yogurt
- 2 Tbsp reduced-fat mayonnaise
- 1 tsp curry powder
- 1 tsp vinegar
- 1/4 tsp pepper

In a medium bowl, whisk together the yogurt, mayonnaise, curry powder, vinegar and pepper. Add the chicken, grapes and scallions, tossing gently to combine. Serve immediately, or chill to blend flavors. Try serving on a bed of lettuce, or stuffed in a whole wheat pita.

Nutrition information per serving: 240 calories, 5g fat (1.5g saturated fat), 1g dietary fiber, 180mg sodium, 35g protein. Daily Values: Vitamin C 10%, Vitamin A 4%, Calcium 8%, Iron 8%.

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