

# Curried Chicken Salad



**Recipe by: Jennifer Coatanroch**

**Servings: 4, 1 cup portions**

**Ingredients:**

- ½ cup plain yogurt
- ¼ cup mayonnaise
- 3 tablespoons white wine vinegar
- 1 ½ teaspoons curry powder
- 1 teaspoon turmeric
- ½ teaspoon salt
- 3 cooked chicken breasts, shredded or chopped\*
- 1 large celery stalk, finely diced (about ½ cup)
- 1 medium carrot, shredded (about ½ cup)
- 1 green onion, chopped (white and light green parts)
- ¾ cup sliced grapes (or sub ¼ cup raisins)
- ¼ cup loosely packed cilantro, then chopped (optional)

In a medium bowl, whisk together the yogurt, mayonnaise, vinegar, curry powder, turmeric, and salt. Add the chicken breast, celery, carrot, and green onion, and toss to coat. Stir in the grapes and cilantro, mixing gently.

\*Note: Leftover chicken works great in this recipe. If you don't have it, poach raw chicken for about 15-20 minutes or until cooked through (in a medium saucepan, cover chicken with water, bring to a boil, cover and reduce heat to low).

Serve chilled. Keeps in the fridge for up to 3 days.

Bon Appetit!

# Curried Chicken Salad

## Nutrition Facts

Servings 4.0

Amount Per Serving

calories 232

% Daily Value \*

**Total Fat** 17 g 26 %

Saturated Fat 3 g 16 %

Monounsaturated Fat 3 g

Polyunsaturated Fat 6 g

Trans Fat 0 g

**Cholesterol** 145 mg 48 %

**Sodium** 474 mg 20 %

**Potassium** 183 mg 5 %

**Total**

**Carbohydrate** 10 g 3 %

**Dietary Fiber** 1 g 6 %

**Sugars** 7 g

**Protein** 7 g 14 %

Vitamin A 56 %

Vitamin C 9 %

Calcium 2 %

Iron 17 %

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.