



## Chicken Salad with Grapes And Walnuts

1 lb	Chicken meat, cooked and cut into small cubes
1 tbsp.	Lemon juice (optional)
2 cup	Seedless red grapes, sliced
1/2 cup	Chopped celery
2	Scallions, thinly sliced
1/2 cup	Coarsely chopped walnuts
1/4 cup	Low fat mayonnaise
1 tsp.	Curry powder (optional)

Makes 5 servings

- Chill cooked chicken cubes.
- Sprinkle chicken with lemon juice.
- Combine chicken with remaining ingredients. Refrigerate.

Serving ideas:

Serve on lettuce for a filling lunch or dinner salad.

In pita bread with lettuce

### Nutrition Information:

Calories 334	Total fat: 16.49
Saturated fat: 2.51g	Carbohydrates: 28.04g
Dietary Fiber: 2.29g	Protein: 24.93g