



Curried Chicken Salad

4 Servings

A flavorful way to use leftover baked or grilled chicken.

Dressing:

1/3 cup fat-free or reduced fat mayonnaise

1/4 cup low-fat sour cream

1/2 teaspoon curry powder

1/2 teaspoon salt (optional) and a dash of pepper

Salad:

2 cups cooked chicken breast, diced into pieces

1/2 cup celery, chopped

1/2 cup green pepper, chopped

1/2 cup green apple (Granny Smith), chopped, skin left on

1/4 cup dried cranberries

- In a small bowl, mix together dressing ingredients.
- In large bowl combine salad ingredients chicken, celery, green pepper, green apple and dried cranberries.
Add dressing and mix until combined. Refrigerate until ready to serve.

Nutrition Information

Calories: 193

Total fat: 4g

Saturated fat: 1.4g

Carbohydrates: 13g

Fiber: 2g

Protein: 22g