

Curry in a Hurry Chicken Salad

What You'll Need

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| 3 cups chopped, cooked, skinless and boneless chicken breast | 1 teaspoon curry powder |
| 1 cup halved seedless red grapes | 1 teaspoon fresh lemon juice |
| 1 cup diced, peeled apple | 1/8 teaspoon salt |
| 2 tablespoons raisins | 1/8 teaspoon freshly ground black pepper |
| 1/2 cup reduced-fat mayonnaise | 4 small whole wheat pita bread, cut in half |

Serves 4

Let's Cook!

- 1 Combine first 4 ingredients in a large bowl.
- 2 Combine mayonnaise and next 4 ingredients (through pepper) in a medium bowl, mix together.
- 3 Pour mayonnaise dressing over chicken mixture and mix gently.
- 4 Cover and chill. Serve in a pita.

Nutrition Facts

Serving Size (171g)	
Servings Per Container 4	
Amount Per Serving	
Calories 380	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 860mg	36%
Total Carbohydrate 35g	12%
Dietary Fiber 4g	16%
Sugars 15g	
Protein 27g	
Vitamin A 0%	Vitamin C 15%
Calcium 6%	Iron 15%



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