

Chicken Curry Apple Salad

½ cup low fat mayonnaise

1 teaspoon curry powder

2 teaspoons water

2 medium chopped, boneless grilled seasoned chicken breast

¾ cup chopped apple (about 1 medium)

1/3 cup diced celery (about 2 stalks)

3 tablespoons dried cranberries

Dash of pepper to taste

Directions:

1. Combine mayonnaise, curry powder and water in a medium bowl, stir with a whisk until well blended.
2. Add the chopped grilled season chicken, apples, celery, cranberries, and pepper, stir mixture well to combine. Cover and chill.

Serves 4-6

Nutrient Analysis, per serving: 222 calories, 26.9g. carbohydrate, 17.5g. protein, 5.4g. fat, 731 mg. sodium