

# **Curry Chicken Salad**

From King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Salads/CurryChickenSalad.aspx>

## **Ingredients**

- 4 skinless, boneless, cooked chicken breast halves, chopped
- 1/2 cup low-fat mayonnaise
- 1 teaspoon curry powder
- 1/4 teaspoon fresh ground pepper
- 1/4 cup celery, chopped
- 1/2 cup bell pepper (any color), seeded and chopped
- 1 apple, peeled, cored and chopped
- 1/2 cup red, seedless grapes, halved
- 1/4 cup slivered almonds
- 1 8 oz. can water chestnuts, drained and sliced

## **Instructions**

1. In a medium bowl, combine chicken, mayonnaise, curry, and pepper.
2. Add celery, bell pepper, apple, grapes, almonds and water chestnuts and mix until well-coated.

## **Makes 6 servings**

## **Nutrition information per serving**

Calories: 198

Total fat: 9 g

Saturated fat: 1 g

Cholesterol: 54 mg

Sodium: 151 mg

Carbohydrates: 12 g

Dietary fiber: 2 g

Sugars: 0 g

Protein: 19 g