

CURRY CHICKEN SALAD

PREP TIME: 20 min
COOK TIME: n/a
SERVINGS: 4
SERVING: 1 cup



INGREDIENTS

- 2 (12-ounce) cans chicken, drained, or 2 cups shredded cooked chicken
- ½ cup grapes, halved
- 1 cup chopped celery
- ½ cup plain yogurt
- 1 tablespoon lemon juice
- 1 teaspoon curry powder
- 1/8 teaspoon salt

DIRECTIONS

1. Combine the chicken, grapes, and celery in a medium bowl.
2. In a small bowl, combine yogurt, lemon juice, curry powder, and salt. Stir until well mixed.
3. Pour yogurt dressing over chicken mixture. Stir.
4. Serve plain, over lettuce, with whole grain crackers, or on whole wheat bread.



Public Health

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