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Curried Chicken Salad

Prep Time: 25 minutes **Cook Time:** 30 minutes **Serves:** 4

Most chicken salads are loaded with mayonnaise, making them high in fat and calories. Using Greek yogurt eliminates much of the fat and adds more protein without sacrificing flavor.

INGREDIENTS:

- 2 cups low-sodium chicken broth
- 1 1/4 pounds boneless skinless chicken breast, cut into strips
- 1/2 cup nonfat plain yogurt
- 2 tablespoons light mayonnaise
- 1 teaspoon curry powder
- 1 cup halved red grapes
- 1/4 cup chopped cilantro leaves
- Salt and freshly ground black pepper



DIRECTIONS:

1. Add chicken and broth to a medium saucepan, ensuring chicken is completely covered in liquid. Bring to a boil and then simmer, covered, for 5 minutes. Turn the heat off and let chicken stand in the cooking liquid, covered, until cooked through, about 20 minutes.
2. Remove the chicken from the broth and cool completely in the refrigerator. Cut into 1/4-inch cubes.
3. In a large bowl, stir together the yogurt, mayonnaise, and curry powder. Fold in the chicken, grapes, and cilantro and season, to taste, with salt and pepper.
4. Serve over raw vegetables such as salad greens, sliced tomatoes, or bell peppers.

NUTRITION INFORMATION:

Servings: 4

Amount Per Serving: Calories 196, Protein 31g, Net carbohydrates 7g, Total Fat 6g, Fiber 1g, Sugar 6g