

C's Curried Chicken Salad

Yields: six - seven 2 unit portions

(1/2 cup is 2 units pro/fat & 1 unit carbs)

five - six 3 unit portions

(3/4 cup is 3 units pro/fat & 1 unit carbs)

four - five 4 unit portions

(1 cup is 4 units pro/fat & 1 unit carbs)

three - four 5 unit portions

(1 1/2 cup is 5 units pro/fat & 1 unit carbs)

Ingredients:

six 4 oz. boneless, skinless chicken breasts,
cooked and diced into bite-sized chunks

1/2 cup Kraft Light Mayo

3/4 cup Plain Non-Fat yogurt

2 Tbsp. Curry Powder

3 Tbsp. water

2 small Braeburn Apples, skin on, diced

1 1/2 cup Celery, diced

1/2 cup Raisins, white or black ok

1 1/2 tsp. Kosher Salt

Directions:

Step 1: Rub the raw whole chicken with Lemon-Herb. Grill until tender. Cool for at least 20 - 30 minutes.

Step 2: While the chicken is cooling, combine mayo, yogurt, curry and water in a medium bowl; whisk together until blended.

Step 3: When the chicken is cooled, chop as directed above. Add chicken, diced apple, celery, raisins and salt to mayo mixture.

Step 4: Cover and chill.