



Curried Chicken Salad with Apples and Raisins

Recipe Source: www.cookinglight.com

Servings: 1

Ingredients:

¼ cup fat free mayonnaise
1 tsp curry powder
2 tsp water
1 cup chopped skinless, boneless chicken breasts
¾ cup apple (about 1 small)
½ cup diced celery
3 TBSP raisins
Dash salt

Steps:

- Combine mayonnaise, curry powder, and water in a medium bowl, stirring with a whisk until well blended. Add the chicken, chopped apple, celery, raisins, and salt; stir mixture well to combine. Cover and chill.

Nutritional Facts: Calories: 387, Carbohydrates: 39 grams, Protein: 45 grams, Total Fat: 6 grams, Saturated Fat: 2 grams, Cholesterol: 119 mg, Sodium: 627 mg, Fiber: 7 grams, Total Sugars: 25 grams.