

# Liv's Curry Chicken Salad Sandwich

Rating: ★★★★★

Makes: 12 Servings

"I wanted to make a dish that is healthy, delicious, and inspires children all around the country to have healthy eating habits," says Olivia. "I am including a strawberry and banana smoothie with low-fat yogurt to add dairy to my recipe. My recipe has slivered almonds in it for texture, but the almonds can be taken out for a nut-free family."

## Ingredients

- 3/4 cup** light mayonnaise
- 2 tablespoons** mild curry powder
  - Salt and freshly ground black pepper to taste
- 4 cups** cooked shredded boneless, skinless chicken
- For the curry chicken salad sandwich:
  - 1/2 cup** diced celery
  - 1/2 tablespoon** finely chopped onion
  - 1/2 cup** toasted sliced almonds
  - 1 1/2 cups** grapes, cut in half
  - 6** mini whole wheat pitas
    - Lettuce leaves, optional

- For the strawberry-banana smoothie:
  - 1** frozen banana
  - 1 cup** whole strawberries, stems removed
  - 3/4 cup** low-fat vanilla yogurt
  - 1/2 cup** freshly squeezed orange juice

## Directions

**Make the curry chicken salad sandwich:**



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	391	
Total Fat	15 g	23%
Protein	34 g	
Carbohydrates	30 g	10%
Dietary Fiber	5 g	20%
Saturated Fat	2 g	10%
Sodium	269 mg	11%

## MyPlate Food Groups

Fruits	1/2 cup
Grains	1 ounce
Protein Foods	3 1/2 ounces
Dairy	1/4 cup

1. In a medium bowl, whisk together the mayonnaise, curry powder, salt, and pepper.
2. Add the chicken, celery, onion, almonds, and grapes and stir, being careful not to crush the grapes.
3. Fill each pita with about 1/2 cup chicken salad and garnish with lettuce leaves, if using.

**Make the strawberry-banana smoothie:**

1. In a blender, combine the banana, strawberries, yogurt, and orange juice and blend until smooth. (You will need to make two batches of the smoothie for 6 servings.)

## Notes

State: New Hampshire

Child's Name: Olivia Beauchesne, 12

Nutrition Information includes both sandwich and smoothie

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook