

Curried Chicken Salad

Prep time: 40 minutes

Makes: 4 Servings

Shredded chicken is coated with yogurt, curry powder, and cilantro and combined with crisp celery and apples give this salad delicious flavor with a refreshing "crunch." Chill and serve with crackers or use as a sandwich filling.

Ingredients

- 4 cooked cooled chicken thighs (about 3 cups shredded)
- 2 **tablespoons** vegetable oil
- 1/8 **cup** low-fat yogurt
- 1 **tablespoon** curry powder (or more to taste)
- 2 celery stalks (diced or sliced)
- 1 apple (cored and diced)
- 1/4 **cup** mandarin oranges, canned, drained
- 1/4 **cup** Chopped fresh cilantro (and/or basil leaves)

Directions

1. Put chicken in a bowl and add remaining ingredients. Mix to combine.
2. Cover and refrigerate at least one hour and up three days.

Notes

If you do not have leftover chicken, you can poach chicken. Put 4 boneless, skinless chicken thighs in a pan and cover with cold water (about 4 cups) and bring to a boil over high heat. Lower the heat and cook for 10 minutes. Turn the heat off, turn the chicken pieces over



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	301	15%
Total Fat	18 g	28%
Protein	27 g	
Carbohydrates	7 g	2%
Dietary Fiber	2 g	8%
Saturated Fat	4 g	20%
Sodium	438 mg	18%

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Fruits	1/4 cup
Vegetables	1/4 cup
Protein Foods	3 1/2 ounces

and set aside for 20 minutes. Remove the thighs with a slotted spoon and set aside to cool completely. Shred and prepare recipe as directed.

You can also substitute 2 cans of drained light tuna, instead of chicken thighs.

USDA Center for Nutrition Policy and Promotion