

## Curried Chicken Salad

*Using a precooked rotisserie chicken works really well here, but you could just as easily roast or poach your own meat or use leftovers. You'll love this healthy play of tart apples, sweet cranberries, crunchy almonds, and creamy curry dressing!*

Makes 8 servings

Price Per Serving: \$0.70

Prep/Cook Time: 20 minutes

- 1 lb cooked chicken meat
- 1 Granny Smith apple, diced
- 2 tbsp dried cranberries
- 2 tbsp golden raisins
- ¼ cup slivered almonds, lightly toasted
- 1 cup Greek yogurt
- ¼ cup apricot preserves
- 1 tbsp Dijon mustard
- 2 tbsp curry powder
- 1 tsp kosher salt
- ½ tsp black pepper



Remove skin and bones from the chicken, and shred the meat into small strips. Place chicken in a large bowl with apple, cranberries, raisins, and almonds. Place remaining ingredients in a small bowl and stir until completely combined. Pour sauce over chicken mixture and stir until thoroughly coated. Salad can be eaten right away or covered and stored in the fridge for up to two days.

| <b>Nutrition Facts</b>   |       |                   |     |
|--|-------|-------------------|-----|
| Serving Size 193 g   |       |                   |     |
| Amount Per Serving   |       |                   |     |
| Calories   | 270   | Calories from Fat | 62  |
| % Daily Value*   |       |                   |     |
| <b>Total Fat</b>   | 7g    |                   | 11% |
| Saturated Fat  | 1g    |                   | 7%  |
| Trans Fat  | 0g    |                   |     |
| <b>Cholesterol</b>   | 102mg |                   | 34% |
| <b>Sodium</b>  | 718mg |                   | 30% |
| <b>Total Carbohydrate</b>  | 18g   |                   | 6%  |
| Dietary Fiber  | 2g    |                   | 9%  |
| Sugars   | 13g   |                   |     |
| <b>Protein</b>   | 36g   |                   |     |
| Vitamin A  | 2%    | Vitamin C         | 4%  |
| Calcium  | 10%   | Iron              | 8%  |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |       |                   |     |
| NutritionData.com  |       |                   |     |