



Curried Chicken Salad with Almonds

- 1 1/2 teaspoons vegetable oil
- 1 1/2 teaspoons curry powder
- 1/2 cup fat-free mayonnaise
- 3 tablespoons Major Grey's mango chutney (chop any large pieces of mango)
- 2 cups cooked chicken breast, cut into 1-inch cubes (about 2 pounds)
- 1 small Granny Smith apple, cored and diced
- 2 tablespoons currants
- 2 tablespoons golden raisins
- 1/2 cup Almond Accents® Original Oven Roasted Toasted Sliced Almonds



Preparation Time : 15
minutes

In small skillet, heat oil and curry powder just until it starts to sizzle. In large bowl, whisk together mayonnaise, chutney and curry oil. Add chicken, apple, currants and raisins. Toss gently until evenly coated with dressing. Transfer to serving dish or 4 plates. Sprinkle with Almond Accents.

Serves 4

Nutrition Information Per Serving: 312 calories; 12 g fat ;66 mg cholesterol; 586 mg sodium; 22 g carbohydrate; 1 g fiber; 29 g protein

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