

Fall Chicken Salad with Curry (Protein, Fruit)



Ingredients:

- 1 cooked boneless, skinless chicken breast, cubed or shredded
- 1/2 c apple, chopped
- 1/4 c dried cranberries
- 3 T plain yogurt
- 1 T reduced- fat mayonnaise
- 1/2 t curry powder, or to taste
- 1 rib celery, chopped

Directions:

1. Combine all ingredients.
2. Serve with whole grain crackers or whole grain sandwich bread.

Makes two servings.



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