



Heart Healthy  
Fruited Curry Chicken Salad

4 skinless, boneless chicken breast halves – cooked and diced  
1 stalk celery, chopped  
½ onion, chopped  
1 small apple – peeled, cored, and diced  
1/3 cup golden raisins  
1/3 cup seedless green grapes, halved  
¼ cup chopped toasted pecans  
1/8 teaspoon ground black pepper  
½ teaspoon curry powder  
¾ cup reduced fat mayonnaise

- Combine curry powder, black pepper, and reduced fat mayonnaise. Set aside.
- In a large salad bowl combine the diced chicken, celery, onion, apple, raisins, grapes, and pecans. Pour the reduced fat mayonnaise mixture over the top. Mix all together, tossing to coat.
- Salad is ready to serve.

Yields: 8 servings

	<u>Heart Healthy Recipe</u>	<u>Original Recipe</u>	<u>Total Savings</u>
Calories/serving:	182 calories	306 calories	124 calories
Fat/serving:	10.3 grams	23 grams	12.7 grams
Cholesterol/serving:	34.2 mg	44 mg	10 mg
Sodium/serving:	223.8 mg	153 mg	
Carbohydrate/serving:	9.1 grams	11.5 grams	2.4 grams
Protein/serving:	14.3 grams	15 grams	.7 grams

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