

Curried Chicken Salad



A family favorite!! Delicious on it's own, over salad, or in a whole wheat pita.

Bon Appetit! -Jen

Original recipe by Jenna Helwig, adapted by Jennifer Coatanroch

Yields: 4 servings | **Prep Time:** 15 Minutes | **Cook time:** 20 Minutes if poaching chicken

Ingredients:

4 tablespoons plain yogurt (I used Kite Hill plain almond milk yogurt)

3 tablespoons mayonnaise

2 tablespoons white wine vinegar

2 teaspoons curry powder

1 teaspoon turmeric

¼ teaspoon salt

2 cooked chicken breasts, shredded or chopped

½ cup finely chopped celery

4-6 tablespoons raisins (grapes would work too!)

4 tablespoons chopped cilantro or parsley (optional)

- In a medium bowl, stir together the yogurt, mayonnaise, vinegar, curry powder, turmeric, and salt. Add the chicken breast, celery and raisins, and toss to coat. Stir in the cilantro or parsley.
- Note: Leftover chicken works great in this recipe. If you don't have it, poach chicken for about 15-20 minutes or until cooked through (in a medium saucepan, cover chicken with water, bring to a boil, cover and reduce heat to low).
- Serve chilled. Keeps in the fridge for up to 3 days.