

creamy chicken and raisin salad

Serves: 4 (1/2 cup)

Prep time: 5 min

Per serving: 189 calories, 5 g
fat, 83 mg sodium

1/2 cup chopped celery, about 2 stalks

1/8 cup golden raisins, or
more to taste

4 crisp lettuce leaves
(optional)

2 TBS honey

1 tsp chili powder

8 oz. cooked chicken,
chopped

1/8 cup walnuts, chopped,
or more to taste

1/2 cup plain yogurt

1 tsp curry powder

1. In a large bowl, combine chicken, yogurt, raisins, walnuts, celery, honey, curry powder, and chili powder. Stir well.

2. Spoon salad onto lettuce leaves and serve.

Vary It! If you are lactose intolerant, you can substitute mayonnaise for the yogurt in this recipe.

Pack this salad to go by wrapping it in a whole-wheat tortilla. When grapes are in season, add 1/4 cup sliced green grapes to the salad for a refreshing, sweet crunch.

