

Curry Chicken Salad

Prep Time: 15 min
Makes ~2 cups



INGREDIENTS

- 2 cups shredded cooked chicken or 2 (12-ounce) cans chicken, drained
- ¼ cup grapes, cut into quarters
- ¼ cup chopped celery
- 1/3 cup plain yogurt
- 1 tablespoon lemon juice, from about ½ of a lemon
- 1½ teaspoon curry powder
- ¼ teaspoon salt

DIRECTIONS



Start with clean hands!

Wash your hands with soap and water.

1. Combine the chicken, grapes, and celery in a medium bowl.
2. In a small bowl, combine yogurt, lemon juice, curry powder, and salt. Stir until well mixed.
3. Pour yogurt dressing over chicken mixture. Mix well with a fork to break apart any large pieces of chicken.
4. Serve on a salad, in a sandwich or with crackers.

Curry powder is a mixture of spices. It might include ginger, turmeric, coriander, cinnamon, cumin, black pepper, and others. Curry powder is a quick way to add Indian flavors to food.



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