

Curried Chicken Salad



Number of Servings: 6

2 cups cubed cooked chicken
3/4 cup dried cranberries
1/2 cup thinly sliced celery
1/4 cup chopped pecans
2 tablespoons thinly sliced green onions
3/4 cup mayonnaise or salad dressing
2 teaspoons lime juice
1/2 - 3/4 teaspoon curry powder

In bowl, combine the first five ingredients. Combine mayonnaise, lime juice and curry powder, add to chicken mixture and stir to coat. Cover and refrigerate until ready to serve.

Nutritional Analysis: 6 servings
Calories – 580
Fat – 37g
Calories from fat - 330
Carbohydrates – 42g
Protein – 17 g
Cholesterol – 80mg
Sodium – 890mg

This recipe is from the Simply Florida Cookbook, on sale at any Florida Extension Office throughout the state. Please visit www.simplyflorida.org for more information.