

CURRIED CHICKEN SALAD

YIELD: 50 3 oz. servings

Chef Vanessa LaBranche

This chicken salad is a nice alternative to the traditional version. The addition of curry powder gives the salad its vibrant yellow color. In addition, this salad takes on a sweet element from the chopped apples and dried cranberries with other aromatic ingredients you likely have on hand. If you have fresh parsley, add a handful to replace dried for better flavor.

INGREDIENTS

- 3 cups chopped red onions
- 6 medium granny smith apples, chopped
- 12 ½# cooked diced chicken
- 4 cups reduced fat mayonnaise
- 4 TBSP curry powder
- 3 TBSP dried mustard or ¼ cup of yellow mustard
- 4 TBSP dried parsley
- 4 TBSP garlic powder
- 1 TBSP celery salt
- 1 TBSP onion powder
- 2 cups dried cranberries

DIRECTIONS

1. Place all ingredients into a large bowl. Stir thoroughly to combine so that the seasonings, mayo and mustard are evenly distributed. Serve.

RECIPE NOTES - CURRIED CHICKEN SALAD

Recipe credits as 2 oz. M/MA

Nutritional information per serving*: 253 calories; 1.06 g sat. fat; 274 mg sodium; 9.14 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*