



Curry Chicken Salad



Ingredients



- 1 (15oz.) can white chicken in water drained or 3 cooked skinless boneless chicken breasts, halved and diced into 1" cubes
- 3 celery stalks, diced or ½ cup carrots and bell peppers finely diced
- 1 cup of chopped apples
- ½ cup of chopped walnuts or pecans (optional)
- 2 Tbsp. Dijon mustard
- 1/4 cup of mayo
- 2 tsp. curry powder
- 1 tsp. lime or lemon juice (optional)
- salt & pepper to taste
- 2 cucumbers, washed and sliced



Yield: 5 servings
Serving Size: ½ cup

Directions



1. In a medium bowl break up the chicken with a spoon, then add the celery, apples, and nuts to the chicken and mix together.
2. In a separate small bowl, mix the mustard, mayo, curry powder, lemon or lime juice together.
3. Blend the dressing in with the chicken mixture.
4. Add salt and pepper to taste.
5. Serve over sliced cucumbers, veggie sticks, or a bed of lettuce.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Curry Chicken Salad



Ingredients



- 1 (15oz.) can white chicken in water drained or 3 cooked skinless boneless chicken breasts, halved and diced into 1" cubes
- 3 celery stalks, diced or ½ cup carrots and bell peppers finely diced
- 1 cup of chopped apples
- ½ cup of chopped walnuts or pecans (optional)
- 2 Tbsp. Dijon mustard
- 1/4 cup of mayo
- 2 tsp. curry powder
- 1 tsp. lime or lemon juice (optional)
- salt & pepper to taste
- 2 cucumbers, washed and sliced



Yield: 5 servings
Serving Size: ½ cup

Directions



1. In a medium bowl break up the chicken with a spoon, then add the celery, apples, and nuts to the chicken and mix together.
2. In a separate small bowl, mix the mustard, mayo, curry powder, lemon or lime juice together.
3. Blend the dressing in with the chicken mixture.
4. Add salt and pepper to taste.
5. Serve over sliced cucumbers, veggie sticks, or a bed of lettuce.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



ChooseMyPlate.gov

Cooking Tips



- Nutrition facts do not include the nuts
- Add diced onions for extra flavor
- Use light mayo to reduce fat content of recipe

Second Harvest is an equal opportunity provider.

Nutrition Facts



Nutrition Facts	
5 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 3g	
Cholesterol 85mg	28%
Sodium 570mg	25%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 26g	52%
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 422mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Fast Facts



Featured Food Groups



ChooseMyPlate.gov

Cooking Tips



- Nutrition facts do not include the nuts
- Add diced onions for extra flavor
- Use light mayo to reduce fat content of recipe

Second Harvest is an equal opportunity provider.

Nutrition Facts



Nutrition Facts	
5 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 3g	
Cholesterol 85mg	28%
Sodium 570mg	25%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 26g	52%
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 422mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.