CREAMY CURRIED CHICKEN SALAD

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 3/4 cup

Nutrition (per serving)

Calories: 200	Total Carbohydrate: 7.2 g
Total Fat: 8 g	Dietary Fiber: 1 g
Saturated Fat: 1.5 g	Protein: 28 g
Sodium: 198 mg	

Ingredients

12oz grilled or baked chicken breast

1/4 cup light miracle whip

1/4 cup green onion slices

2 Tbsp raisins

2 Tbsp slivered almonds, toasted

1 tsp curry powder

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Directions

1. Cool chicken, then cut into cubes, remove skin. This recipe is great for using up leftover chicken!
2. Mix all ingredients until well blended; cover.
3. Refrigerate several hours or overnight.
4. Serve with whole wheat crackers, or as a sandwich. Try it in a whole wheat wrap, or pita bread for a change from the typical sandwich. This recipe is also great served on top of fresh greens for a main meal salad.

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