

CURRY CHICKEN SALAD
Compliments of Nancy Dobson

8 oz. grilled chicken chunks
1 tsp. curry
¼ cup red onion, finely chopped
2 celery stalks, finely chopped
1 green apple, peeled and diced
¼ cup fresh parsley, finely chopped, packed loosely
¼ to ½ cup low fat mayonnaise
½ tsp. stone ground mustard
Salt & pepper to taste

Mix all ingredients together and serve. Can be served in a tortilla as a wrap or over greens.

**Optional Additions:

Blue cheese
Golden Raisins
Cashews
Grapes

From: Habitat Housewares, Anchorage, Alaska