



## *Healthy Eating & Weight Loss*

# **Curried Chicken Salad with Apples**

- 12 oz cooked, diced chicken breast
- 1/2 small onion, minced
- 2 celery stalks, diced
- 1 large granny smith apple,, cubed (peel or not, your preference)
- 2 Tbsp raisins
- 2 Tbsp sliced roasted almonds

### Dressing:

- 1/3 cup nonfat mayo
- 1/4 cup nonfat sour cream
- 1 tsp lemon juice
- 1 tsp curry powder
- Salt and Pepper to taste

In a large bowl, combine the chicken, onion, celery, apple, raisins and almonds.

Whisk together all dressing ingredients. Pour dressing over chicken mix and toss well

Stir in apricots and cook on low another 15 minutes until apricots are soft. Discard cloves, bay leaf and cinnamon stick. Sprinkle with parsley and serve

**235 calories per serving, 29 g protein**

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