

Curried Chicken Salad

Ingredients

Salad

2 Cups diced chicken
2 celery stalks, diced
2 Tablespoons fresh minced parsley
1 Cup seedless red grapes, halved or quartered
½ peeled crisp apple, diced and sprinkled with lemon juice to prevent browning.
¼ Cup toasted pecans or walnuts

Dressing

½ Cup mayonnaise
¾ teaspoon curry powder
1 Tablespoon fresh lemon juice
¼ teaspoon pepper

Mise en place! (Everything in its place)

Directions

1. Whisk dressing ingredients together in small bowl.
2. Combine salad ingredients in large bowl.
3. Add dressing to salad mixture and mix gently to combine.
4. Mound on a bed of lettuce and garnish with pecans, grapes and a slice of apple or use in a Roll-up sandwich.

Option- Use ½ cup of raisins or dried cranberries in place of the grapes.