

Curried Chicken Salad

Serves 2

- 2 tablespoons raisins
- 1 scallion, chopped chives or 1 tablespoon onion, chopped
- 2 tablespoons reduced-fat mayonnaise
- 3 ounces canned cooked chicken (about 1/3 cup)
- 1 teaspoon curry powder
- black pepper
- 2 teaspoons lemon juice

1. In a small bowl, soak raisins in hot water for 10 minutes until plump. Drain and set aside.

2. Combine mayonnaise, curry powder, and lemon juice.

3. Stir in scallions, raisins, and chicken. Season with pepper.

Nutrition information: calories 122, total fat 7g, saturated fat 1g, sodium 311mg, carbohydrates 8g, dietary fiber 1g, protein 8g.

Recipe from www.womenshealthmag.com

