

# Curried Chicken Salad

**Servings:** 4

**Diet:** Gluten-Free

## Ingredients

- ¼ cup light mayonnaise
- ½ teaspoon curry powder
- 1 (10 ounce) can chicken
- 1 carrot, peeled and shredded
- 1 small apple, cored and chopped
- 2 tablespoons red onion, chopped

## Instructions

**STEP 1:** In a large bowl, mix the mayonnaise with the curry powder.

**STEP 2:** Add the chicken, carrots, apples and onion. Mix together. Serve as a salad, as a topping on crackers or in tortillas or lettuce leaves as a wrap.



- **Make It Vegetarian:** Try chickpeas instead of chicken.
- **Ingredient Swap:** Replace some or all of the mayonnaise with Greek yogurt or mashed avocado for extra nutrients.



Per Serving: 210 Calories | 9g Carbs | 5g Sugar | 2g Fiber | 11g Fat (2.5g Sat Fat) | 18g Protein | 450mg Sodium

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