

# Curried Chicken Salad

1/4 cup plain low-fat yogurt  
1/4 teaspoon curry powder  
1/8 teaspoon ground ginger  
1/8 teaspoon salt  
2 tablespoons plus 2 teaspoons  
reduced-calorie mayonnaise  
6 ounces cooked chicken (or  
turkey), cubed  
2 tablespoons minced onions  
2 tablespoons minced green pepper  
1 tablespoon raisins  
1/4 cup canned crushed pineapple  
(unsweetened), drained

In a medium bowl, combine yogurt, curry powder, ginger, salt, and mayonnaise. Add chicken and remaining ingredients. Mix well. Chill for several hours to blend flavors.

Nutrition Information per serving: Calories 136, Fat 6 g, Cholesterol 42 mg, Sodium 191 mg, Carbohydrate 7 g, Protein 13 g

Recipe compiled from Lean and Luscious Volume II, (1988), Bobbie Hinman and Millie Snyder (Prima Publishing & Communications, P.O. Box 1260MLL, Rocklin, CA 95677, 461pp., \$13.95 softcover)