

Cashew Curry Chicken Salad

8 servings

Salad:

1 pound boneless and skinless

chicken breasts

4 ribs celery, finely diced

4 small red apples, cored and diced

1 cup raisins

*½ cup shredded coconut (natural or
sweetened*

2 cups mayonnaise

¼ cup Dijon mustard

1 tablespoon curry powder

½ teaspoon white pepper

½ teaspoon seasoning salt

*6 ounces (about 1 ½ cups) roasted
cashews*

1. To prepare the salad: Roast chicken on a lightly oiled baking pan in a preheated 350-degree oven 20 minutes, or until cooked through. Cool completely and chop into chunks, removing any gristle.

2. Combine the chicken, celery, apples, raisins and coconut.

3. To prepare the dressing: Combine the mayonnaise, mustard, curry, white pepper and salt. Add to the salad, mixing well. Refrigerate.

4. Just before serving, stir in the cashews.

Note: A couple of tablespoons lime or lemon juice is a good addition to this salad. The recipe can be easily divided in half.

Data per serving

Calories.....	734	Sodium.....	647mg	Cholesterol.....	69mg
Protein.....	19g	Saturated fat.....	11g		
Fat.....	61g	Monounsaturated fat.....	14g		
Carbohydrates.....	35g	Polyunsaturated fat.....	33g		

Originally from the Oregon Electric Station in Eugene, Oregon