



Asian Inspired Chicken Salad

Ingredients

½ cup non-fat Greek yogurt	1/8 teaspoon pepper
1 tablespoon fresh lime or lemon juice	¼ teaspoon cayenne
2 tablespoons white vinegar	4 cups cubed cooked skinless chicken
½ teaspoon curry powder	4 celery stalks, diced
¼ teaspoon salt	12 thin strips green bell pepper
½ teaspoon garlic powder	½ cup shredded carrots

Directions

1. Wash hands. In a bowl combine chicken, celery, green pepper, and carrots.
2. In a separate bowl combine vinegar, lemon juice, Greek yogurt, garlic, salt, curry, pepper, and cayenne.
3. Add the yogurt mixture to the chicken mixture. Chill 30 minutes for best flavor.
4. Serve on whole grain bread, or on a bed of lettuce. **Makes 6 servings.**

STORAGE: Store in the refrigerator in a sealed container for 3-5 days.

Nutrition Facts per 1 cup serving: 180 calories, 30 g. protein, 3 g. total fat, (saturated fat 1 g), 16 g carbohydrates, 3 g dietary fiber, 120 mg sodium