



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Curried Chicken Salad

1/4 tsp kosher salt
1/2 tsp black pepper
1 1/4 pounds skinless chicken breast, raw (or about 4 or 5 breasts)
1 1/2 tbsp olive or canola oil
1/2 cup mayo
1/2 cup plain, low fat Greek yogurt
1 tbsp lemon juice, freshly squeezed (about 1/2 a small lemon)
1 1/2 tbsp curry powder
1 large apple, chopped
1 celery stalk, diced
1/3 cup raisins

Instructions:

Season the chicken breasts with salt and pepper. Heat a large skillet on medium high heat and add the oil when the pan is hot. Add the chicken breasts to the pan and cook about 4 minutes per side, until they are golden brown and the internal temperature reach 165 degrees. Refrigerate the breasts until fully chilled and then roughly chop them. (Alternatively, you could use previously cooked and chilled chicken breasts.)

Combine the chopped chicken with the remaining ingredients; stir thoroughly to combine.

Notes:

-Start off with less curry powder than is listed if you prefer more mildly spiced meals.

Yield: 6 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 275 calories	PROTEIN: 23 g	SODIUM: 360 mg
	CARBOHYDRATE: 18 g	FIBER: 2 g
	FAT: 13 g	Sat Fat: 2.5 g

MAKE IT A MEAL:

Entree: 1 serving curried chicken salad
Starch: 2 slices whole grain bread (220 calories)
Vegetable: 10 celery sticks (5 calories)
Fruit: 5 apple slices (60 calories)

GROCERY SHOPPING LIST

1.25 pounds of raw skinless chicken breast
Mayo
Low fat Greek yogurt
Apples
1 lemon
Celery
Raisins
Whole grain bread
Condiment Pantry: olive or canola oil, kosher salt, pepper, curry powder spice blend

Leftovers

-Put a scoop of leftover chicken curry salad on top of a bed of greens.