

Pineapple Curry Chicken Salad

Servings: 8- 2 Tbsp servings

Active time: 5 minutes **Total cook time:** 0

Ingredients:

- 6 cups romaine lettuce, torn into pieces
- ½ red bell pepper, chopped
- 2 cups chicken, cooked and cubed
- 1 can (15 oz.) pineapple chunks
- ½ cup cheddar cheese, shredded
- ½ cup almonds, slivered & toasted

Dressing

- 2/3 cup low-fat mayonnaise
- 2 Tbsp. pineapple juice
- 1 Tbsp. Dijon mustard
- ¾ tsp. curry powder
- 1/8 tsp. salt

Preparation:

1. In large bowl tear romaine lettuce into pieces.
2. Add red bell pepper, cooked chicken, pineapple chunks, shredded cheese and slivered almonds.
3. In small bowl combine mayonnaise, pineapple juice, Dijon mustard, curry powder, and salt.
4. Drizzle dressing over salad.

Note: Add whatever vegetables to salad that you have on hand.

Nutritional Information: 352 Calories, 28 grams protein, 25 grams Carbohydrate, 14 grams fat, 3 grams fiber, 84 mg cholesterol, 489 mg. sodium