

CURRY YOGURT CHICKEN SALAD

Yield: 8 Servings (1¼ cups salad on 1 cup lettuce)



TOTAL TIME: 15 minutes

INGREDIENTS

- 4 cups celery, ¼-inch dice
- ½ red onion, peeled, ¼-inch dice (about ½ cup)
- 1½ lbs. red seedless grapes, halved (about 4 cups)
- Meat from 1 plain rotisserie chicken, ½-inch dice (about 3 ½ cups)
- 1 bottle (12 oz.) Wegmans Food You Feel Good About Curry Yogurt Dressing
- 2 heads (8 oz. each) green or red leaf lettuce

PREPARATION

1. Mix celery, red onion, grapes, chicken and dressing in a large bowl.
2. Arrange lettuce on plates; center 1¼ cup chicken salad on lettuce.

NUTRITION

Per serving: 280 Calories; Fat: 13 g (2 g Saturated fat); Carbohydrates: 24 g; Protein: 19 g; Fiber: 2 g.

Recipe courtesy of Wegmans