Curried Chicken Salad

Author: Adapted from a Palo Alto Junior League cookbook

Carolyn T's Cookbook

Servings: 4



3 medium chicken breast halves
1/4 cup celery, minced
2 tablespoons green onion, minced
4 teaspoons lemon juice
6 tablespoons chutney, minced
1 teaspoon curry powder
2 tablespoons almonds, minced
1/4 cup mayonnaise
salt and pepper, to taste

Categories: Chicken, Cold Food, Picnic, Salads

Blog: Carolyn T's Blog: http://tastingspoons.com

Per Serving (excluding unknown items): 376 Calories; 24g Fat (57.3% calories from fat); 24g Protein; 17g Carbohydrate; 2g Dietary Fiber; 74mg Cholesterol; 160mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1 Fruit; 1 1/2 Fat.

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Notes: If the chutney does not contain any raisins, add about 1-2 T. of golden or black raisins to the mixture. This makes a very tasty filling for tea sandwiches. And you may use low-fat mayo in this. The curry provides tons of flavor so you don't miss the traditional mayo.

Preparation Time: 1 hour

1. Poach/steep the chicken: place chicken breasts in a saucepan and add water to barely cover. If you choose, you may add flavoring (onion, carrot, celery, bay leaf, etc.) to the pot. Bring the water to a boil, reduce heat and simmer for 5 minutes. Turn off heat, cover pan and set aside for about 30 minutes. Remove chicken breasts to a dish and allow to cool; save chicken broth for another use, or discard.
2. Meanwhile, mince the celery, green onions, chutney and almonds. Mince the chicken breast meat and add to mixture, along with lemon juice, curry powder and salt and pepper to taste. Add mayonnaise, stir gently to mix thoroughly, then refrigerate overnight, if possible, to allow flavors to blend. Before serving, taste again and add salt or pepper as needed.
3. May be used as a cold salad, or as a filling for sandwiches (use raisin bread, preferably, or raisin nut).