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<b>Curried Chicken Salad with Jicama</b>		
Prep Time: 30 minutes Source: Better Homes and Gardens	File Under:	Printed from BHG.com

**Ingredients**

- 1 orange
- 3 cups cubed cooked chicken (about 1 pound)
- 1-1/2 cups seedless red grapes, halved
- 1/2 cup chopped jicama
- 1 cup thinly sliced celery
- 1/4 cup light mayonnaise dressing or salad dressing
- 1/4 cup lemon-flavor low-fat yogurt
- 2 teaspoons soy sauce
- 1 teaspoon curry powder
- 3 small papayas, peeled, bias-sliced in half lengthwise, and seeded (optional)
- Fresh chives (optional)



**Directions:**

1. Peel and segment orange; halve or quarter each segment. In a large mixing bowl, combine orange, chicken, grapes, jicama, and celery.
2. For dressing, stir together light mayonnaise dressing or salad dressing, yogurt, soy sauce, and curry powder in a small bowl. Pour dressing over chicken mixture; toss lightly to coat. Cover and chill for 1 to 24 hours. If desired, serve in papaya halves and garnish with fresh chives. Makes 6 servings.

**Nutritional facts per serving**

calories: 231 , total fat: 9g , saturated fat: 2g , cholesterol: 71mg , sodium: 246mg , carbohydrate: 13g , fiber: 1g , protein: 23g , vitamin A: 2% , vitamin C: 22% , calcium: 4% , iron: 7%

**Instructions:**

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