Curried Chicken Salad

Serves 2

- 2 tablespoons raisins
- 1 scallion, chopped chives or 1 tablespoon onion, chopped
- 2 tablespoons reduced-fat mayonnaise
- 3 ounces canned cooked chicken (about 1/3 cup)
- 1 teaspoon curry powder
- black pepper
- 2 teaspoons lemon juice

1. In a small bowl, soak raisins in hot water for 10 minutes until plump. Drain and set aside.

2. Combine mayonnaise, curry powder, and lemon juice.


Nutrition information: calories 122, total fat 7g, saturated fat 1g, sodium 311mg, carbohydrates 8g, dietary fiber 1g, protein 8g.

Recipe from www.womenshealthmag.com