

SATURDAY MARKET

May 24, 2008, Demo: Summer with The Supper Swap Girls

Steph's Curry Chicken Salad

This is the dinner I bring to new parents when they bring home baby in the Summer!

2 lbs of boneless chicken breasts, broiled & chopped
1 bunch of celery, diced
1 large can or 2 small cans of mandarin oranges drained
1 cup quartered almonds
1 container of lemon yogurt (not light)
1 cup Mayo
2 teaspoons curry powder (yellow)
1/2 juice small lemon
S&P to taste

Mix diced chicken, celery & mandarin oranges. In a separate bowl, whisk yogurt, mayo, curry powder & lemon juice. Pour over salad and mix. Cover with plastic wrap and chill until very cold. Toast almonds in a dry pan on stove for a few min. Sprinkle almonds, salt & pepper when you serve.

Note: For adults, you may want to up the curry for added kick... an additional 1/2 teaspoon should do it.

The Supper Swap Girls Say: Don't sweat the small stuff, just swap the good stuff!