ORANGE CHICKEN SALAD

Servings: 4 **Cook Time: 10 Minutes**

Ingredients:

- 2 Oranges
- 2 Cups Cooked Chicken
- 1 Stalk of Celery
- ¼ Teaspoon of Salt
- ⅛ Teaspoon of Black Pepper
- ¼ Teaspoon of Curry Powder
- ½ Cup of Light Mayonnaise
- Either Lettuce Leaves, Whole Grain Bread or Crackers for serving.

Anderson Free Clinic
Wellness Market

ORANGE CHICKEN SALAD

Instructions:

1. Peel oranges, separate segments and cut into halves.
2. Chop celery into thin slices.
3. Combine chicken, orange segments, celery, and mayonnaise in a bowl. Sprinkle with salt, black pepper, and curry powder. Stir together.
4. Serve on lettuce leaves, whole grain bread or crackers.

Nutrition:

One Serving 3/4 Cup
211 Calories
9g Fat
452 mg Sodium
2g Fiber