



Just Recipes.

Curried Chicken Salad with Asparagus and Almonds

A bright and flavorful salad that's just as good enjoyed as a quick lunch or as part of a weekend brunch.

Ingredients

Serves 4

2		skinless, boneless chicken breasts
2½ cups	[625 ml]	(1-inch) diagonally cut asparagus
¼ cup	[60 ml]	fat-free mayonnaise
¼ cup	[60 ml]	plain low-fat yogurt
1 tsp	[5 ml]	curry powder
1 tsp	[5 ml]	fresh lemon juice
¼ tsp	[1.25 ml]	salt
¼ tsp	[1.25 ml]	freshly ground black pepper
1/3 cup	[80 ml]	chopped red bell pepper
¼ cup	[60 ml]	chopped fresh flat-leaf parsley
2		green onions (scallions), finely sliced
2 tbsps	[30 ml]	sliced almonds, toasted



Method

Preheat olive oil in a grill or regular pan on medium-high heat. Season both sides of the chicken breasts with salt and pepper. Cook the chicken breasts about 4 minutes per side, until just cooked through. Let cool on a plate.

Steam the asparagus until crisp-tender: put the asparagus and 1 tablespoon [15 ml] water in a microwavable bowl, cover with plastic wrap and microwave (high) for 2 minutes. Uncover and let cool. Be very careful when taking the plastic wrap off as very hot steam will escape.

In a large bowl, combine the mayonnaise and next 5 ingredients (mayonnaise through black pepper) in a large bowl, stirring well with a whisk. Dice the cooled chicken breasts and add to the bowl. Add the asparagus, chicken, bell pepper, parsley, green onions and almonds; toss to coat.

Serve in lettuce cups or in a wrap.