

Chicken Salad with Grapes

3 cups cooked chicken, boned, skinned and cubed

1 1/2 cups halved seedless red or green grapes

1/2 cup sliced celery

2 tablespoons sliced green onion

1/2 cup diced red bell pepper

1/3 cup low-fat mayonnaise

1/3 cup plain non-fat yogurt

2 tablespoons orange juice

1 teaspoon curry powder

Ground pepper to taste

- Combine chicken, grapes, celery, green onion and bell pepper in a bowl.
 - Combine mayonnaise, yogurt, orange juice, curry powder and pepper in another bowl and mix together until smooth.
 - Pour dressing over salad and stir gently until dressing evenly coats salad.
- Makes 4 servings.

Selection and Storage

Celery

Look for fresh, crisp stalks that are thick and solid. Avoid limp or soft celery. Refrigerate and use within 2 weeks.

Grapes

Select plump, firm grapes. Avoid soft grapes or grapes with dry or broken stems.

Refrigerate and use within 1–2 weeks.

Peppers

(chili, sweet, bell, hot, banana)

Select firm, smooth peppers that have a shiny color. Avoid peppers with soft spots or bruised skin.

Refrigerate and use within 3–5 days