**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.