



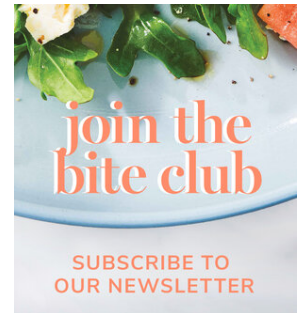
sweet chutney chicken salad

Taking its cues from the sweet side of Indian cuisine, this healthy and refreshing chicken salad mingles sugary mango, juicy grapes and plump raisins with tart lime and crunchy apples. A winning, timeless and trouble-free marriage of East-West flavors.

SERVES: 6



julie albert & lisa gnat



ingredients

- 5 boneless, skinless chicken breast halves
- 1 Granny Smith apple, diced
- 1 mango, peeled and diced
- 1 cup seedless red grapes, halved
- 1 cup chopped celery
- 1/4 cup raisins
- 1/4 cup salted cashews

Chutney Dressing

- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 3 tbsp mango chutney
- 2 tbsp fresh lime juice
- 1 tsp lime zest
- 1 tsp mild curry powder
- 1 tsp honey
- 1/4 tsp kosher salt

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directions

1. Place chicken in a medium saucepan, cover with cold water and bring to a boil over high heat. Reduce heat, cover saucepan and simmer for 13 minutes or until chicken is no longer pink inside. If you have the time, allow the chicken to cool in the water, but if not, remove cooked chicken and chop into bite-size pieces.
2. In a large bowl, combine chicken, apple, mango, grapes, celery, raisins and cashews.
3. For the dressing, in a medium bowl, whisk mayonnaise, sour cream, chutney, lime juice, lime zest, curry powder, honey and salt. Pour over chicken and toss well.

“All you have to do is hold the chicken, bring me the toast, give me a check for the chicken salad sandwich and you haven’t broken any rules.”

– JACK NICHOLSON, 'FIVE EASY PIECES'

