



A Lighter Curried Chicken Cashew Salad

Serves 6-8 as a luncheon entrée

Ingredients

2-3 cups chicken broth, or enough to cover
(or use water with 2 teaspoons salt)
6 boneless chicken breast halves
(about 4 cups, cooked and diced)
3 stalks celery, finely diced (about 1 cup)
4 scallions, thinly sliced (about 2/3 cup)
2 cups halved green seedless grapes
1 cup salted cashew halves

Dressing Ingredients:

Makes about 1.5 cups
1/2 cup light mayonnaise
1/2 cup plain yogurt
1 tablespoon curry powder
2 tablespoon freshly squeezed lime juice
1 teaspoon honey
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/4 teaspoon cayenne

Directions:

1. Place the chicken breasts in a single layer in a deep skillet or pot, cover with enough broth to cover by at least a half inch. Bring to a boil, then reduce heat to a simmer. Poach the breasts until cooked through, about 10-15 minutes depending on the size and thickness of the chicken breast.
2. Remove the chicken breasts from the broth; allow cooling to room temperature. Loosely cover with a sheet of wax paper to prevent surface drying as the meat cools. Once cooled, dice the chicken into 5/8-inch pieces. Continue to cool the chicken pieces by placing them covered in the refrigerator for at least 30 minutes. (Alternately, this step may be accomplished ahead of time and the chicken pieces kept refrigerated overnight.)
3. Mix the dressing ingredients together in a small bowl. Adjust the quantity of lime juice, salt and pepper to taste. Set aside or refrigerate until ready to use.
4. Dice the celery, slice the scallions, halve the grapes.
5. In a large bowl, gently toss the chicken, celery, scallions, grapes, and cashews. Pour the dressing over the mixture, and fold in until all is evenly coated. Chill or serve immediately.