



Mango-Curry Chicken Salad

Recipe created by Chef Kevin Millonzi, Executive Chef/Owner of Restaurant PROV and Atomic Catering, Providence, R.I., on behalf of 3-A-Day™ of Dairy

Makes 4 servings
Prep time: 20 minutes

Ingredients:

- 2 1/2 cups (1/2-inch pieces) grilled skinless, boneless chicken breasts
- 3/4 cup plain, nonfat yogurt
- 1 teaspoon curry
- 1/4 cup cubed mango
- 1 cup dried, sweetened cranberries
- 1/4 cup walnuts, coarsely chopped
- 1/3 cup Mozzarella, cut into small cubes

Grill chicken breasts, cut into small pieces and set aside. In a medium bowl, blend yogurt and curry with a whisk and stir in chicken, mango, cranberries, walnuts and Mozzarella. Mix well and serve on lettuce leaves if desired.

Nutritional Facts per serving for main dish recipe:

Calories: 350
Total Fat: 10 g
Saturated Fat: 3 g
Cholesterol: 80 mg
Sodium: 160 mg
Calcium: 20% Daily Value
Protein: 34 g
Carbohydrates: 32 g
Dietary Fiber: 2 g