

GET Spring READY!

Chicken Salad

with Curried Yogurt Dressing

1 cup (250 mL)

1/4 cup (60 mL)

2 tbsp (30 mL)

2 tbsp (30 mL)

1 tsp (5 mL)

8 oz (250 g)

8 oz (250 g)

10 cups (2.5 L)

2 cups (500 mL)

1-1/4 cups (300 mL)

1/2 cup (125 mL)

To taste

Dairyland® Stirred Plain Yogurt

Dairyland® 10% Creamo

smooth mango chutney

finely chopped green onions

curry powder

boneless, skinless chicken breasts

Armstrong® Marble Cheddar Cheese
cut into matchsticks

mixed salad greens

cherry tomato halves

cucumber, thinly sliced

carrots, cut into matchsticks

salt and pepper

Preparation:

Combine yogurt, cream, chutney, onions and curry powder in a medium-sized bowl. Stir until well mixed. Remove 2 tbsp (30 mL) curried yogurt dressing and set remainder aside. Brush chicken with the 2 tbsp (30 mL) curried yogurt dressing and place on preheated grill. Cook with lid closed over medium heat for 10 minutes or until chicken is no longer pink in centre, turning once halfway through. Remove from heat and slice thinly. Combine chicken, salad greens, marble cheese, tomatoes, cucumber and carrots in a large salad bowl. Pour remaining curried yogurt dressing over salad and toss well to coat. Add salt and pepper to taste.

Servings: 5

Preparation Time: 15 minutes

Cooking Time: 10 minutes

