

# Hawaiian Chicken Salad

*Mrs John A Cates*

*St Timothy's - Hale Schools - Raleigh, NC - 1976*

*2 cups cooked chicken,  
diced  
1 1/2 cups chopped celery  
1 1/2 cups chopped  
pineapple  
1 1/2 cups seedless white  
grapes, halved  
1/2 cup chopped pecans or  
almonds*

## **DRESSING**

*1/2 cup mayonnaise  
1/2 teaspoon curry powder  
1 teaspoon lemon juice  
1/4 cup sour cream  
1/2 teaspoon salt*

In a bowl, mix the chicken, celery, pineapple, grapes and nuts. Mix well.

Refrigerate.

In a another bowl, mix the mayonnaise, curry powder, lemon juice, sour cream and salt. Mix well.

Refrigerate.

When ready to serve, mix the salad and dressing.

Serve on lettuce leaves.

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Per Serving (excluding unknown items): 1430 Calories; 119g Fat (72.5% calories from fat); 91g Protein; 10g Carbohydrate; 3g Dietary Fiber; 302mg Cholesterol; 2095mg Sodium. Exchanges: 0 Grain(Starch); 12 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 10 1/2 Fat.