

Misc.

Chutney-Chicken Salad Sandich

Publix Aprons

Servings: 4

Start to Finish Time: 20 minutes

1/4 cup mango chutney

1/4 cup light mayonnaise

1 teaspoon curry powder

2 cups cooked chicken or turkey, cubed

1 cup seedless red grapes, halved

1/4 cup sliced or slivered almonds, toasted

2 whole-wheat pita bread rounds, halved crosswise

lettuce leaves, torn

Cut up any large pieces of chutney.

In a medium bowl, combine chutney, mayonnaise and curry powder.

Stir in chicken, grapes and almonds.

Line pita halves with lettuce. Top with chicken mixture.

Per Serving (excluding unknown items): 76 Calories; 3g Fat (35.0% calories from fat); trace Protein; 12g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 79mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.