

Curried Chicken and Mango Salad

President's Choice



Leave out the lettuce cups and serve this tasty salad as is, or use the filling in a wrap or other sandwich. The sky's the limit. Servings: 8

To toast pecans, place in nonstick frying pan and cook over medium heat for 6 to 8 minutes, stirring occasionally, or until golden and fragrant. Cool.

*2 skinless boneless chicken breast halves, cooked and chopped
1/2 cup PC Curry Mayo Sandwich Spread
1 ripe mango, peeled and chopped
2 green onions, chopped
1/2 sweet red pepper, chopped
1/3 cup chopped pecans, chopped
salt, to taste
freshly ground black pepper
8 leaves lettuce
lime wedges*

In large bowl, stir together chicken, sandwich spread, mango, green onions, red peppers, pecans, salt and pepper. Place lettuce, cupped side up, on eight plates; spoon salad into cups. Serve with lime wedges on the side.

*Per Serving (excluding unknown items): 184
Calories; 13g Fat (62.4% calories from fat); 8g
Protein; 9g Carbohydrate; 2g Dietary Fiber; 27mg
Cholesterol; 104mg Sodium. Exchanges: 0
Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2
Fruit; 1/2 Fat.*