



Nutrition Information Per Serving:

Calories: 265
Protein: 17 g
Carbohydrates: 20 g
Fat: 13 g
Fiber: 2 g

PREP TIME 10 mins	COOK TIME 0 mins	TOTAL TIME 10 mins	RECIPE MAKES 6 serving
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Leaving mayonnaise out of chicken salad seems like a rogue move, but we like to live on the edge! By replacing mayonnaise in this curried chicken salad with Lowfat plain Muuna cottage cheese, you'll add all the creaminess you crave without adding extra fat.

INGREDIENTS

Salad:

- 2 cups Chopped rotisserie chicken
- ½ cup Red grapes, halved
- ½ cup Celery, diced
- 1 Apple, diced (Fuji, Gala, or Golden Delicious apples will work)
- ½ cup Toasted pecans, chopped
- ⅓ cup Golden raisins
- 4 Green onions, chopped
- 3 Tbsp. Orange marmalade

Dressing:

- ¾ cup Lowfat plain Muuna cottage cheese
- 1 Tbsp. Freshly squeezed lemon juice
- 1 Tbsp. Soy sauce (use gluten-free if needed)
- 1 ½ tsp. Curry powder
- ⅛ tsp. Black pepper

INSTRUCTIONS

- 1) Add dressing ingredients into a food processor and pulse until smooth.
- 2) Combine salad ingredients into a bowl. Pour dressing over the salad ingredients and stir to combine.
- 3) Eat as is or spoon into romaine lettuce leaves or onto bread.