

THE FLEXITARIAN COOK

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Curried Chicken Salad with Cranberries and Pecans

1 lb chicken breast

1 bouquet garni (a few sprigs each thyme and parsley and 2 bay leaves, all tied together)

1 tsp salt

1/4 tsp black peppercorns

1/2 cup mayonnaise

1/2 cup lowfat yogurt

1/2 to 1 tsp curry powder

1 stalk celery, finely diced

1 small shallot, finely diced

1/3 cup each chopped pecans and dried cranberries (or other fruit & nut combination)

2 Tbsp chopped cilantro or herb of your choice (parsley, chives,
ground pepper to taste

Boil water in a pan with salt, peppercorns and bouquet garni. Place chicken in boiling water and let it simmer on medium-low heat for 10 to 15 min, depending on the size of the breasts. Make sure you check that the chicken is done: it should be moist, but there should be no pink left at all, or any translucent meat. Remove from water when done. Bring the chicken to room temperature and dice into 1/4" to 1/2" pieces.

Whisk together the yogurt, mayo and curry powder, and add remaining ingredients. Add chicken and mix well. Let the flavors blend in the refrigerator for a few hours before serving.