

Curried Chicken Salad Sandwich

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Ingredients Needed:

- 2 Tbs. low fat plain yogurt
- 1 Tbs. fat-free mayonnaise
- $\frac{3}{4}$ tsp. curry powder
- $\frac{1}{2}$ tsp. honey
- 1 cup chopped cooked chicken
- $\frac{1}{2}$ apple, chopped
- 1 celery stalks, chopped
- 2 lettuce leaves
- 1 whole grain pita breads, halved



Nutrition Facts:	
Yield	2 servings
Calories	272
Total Fat	4 g
Sat Fat	< 1 g
Sodium	573 mg
Added Sugar	3.5 g
Fiber	4.5 g
Iron	14% DV
*Nutrition facts are for 1 serving	

Recipe Directions:

- In a large bowl, whisk together the yogurt, mayonnaise, curry powder, honey, and salt.
- Add the chicken, apple, and celery.
- Place the lettuce leaf in each pita half and fill with $\frac{1}{4}$ of the chicken salad.
- Enjoy!