

Curried Chicken, Pasta and Green Salad

Author: Inspired by a recipe from Pioneer Woman blog



3 1/2 cups cooked chicken, skinned, boned, diced
 6 ounces pasta, your choice of type, cooked, drained, cooled
 4 whole celery ribs, thinly sliced, including leaves
 1/2 cups golden raisins
 1/2 cups sliced almonds, or pistachio nuts, or walnuts
 1/2 cup mayonnaise
 1/2 cup light sour cream
 1/2 cup heavy cream
 1/4 cup fat free half-and-half
 3 tablespoons curry powder, or more if desired
 1 tablespoon garam masala
 1/2 teaspoon kosher salt
 freshly ground black pepper to taste
 5 cups romaine lettuce, chopped
 1 whole granny smith apple, peeled, sliced thinly

Serving Ideas: You can also make this salad (without the lettuce) as a luncheon type chicken salad. Or as a sandwich filling. It would go very well with an afternoon tea for "tea sandwiches" if you're into that kind of thing.

Per Serving (excluding unknown items): 607 Calories; 35g Fat (49.9% calories from fat); 34g Protein; 44g Carbohydrate; 5g Dietary Fiber; 105mg Cholesterol; 380mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1 Fruit; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>

Notes: You can vary the proportions here with no difficulty. You can add chutney instead of golden raisins, if desired, although it will make the salad sweeter. If you don't want it to have greens in it, just don't add them. Once the greens are added, though, they will wilt if the salad isn't consumed, so I'd suggest you mix in only as much lettuce as you or your family will eat at that meal.

1. DRESSING: Combine the mayo, light sour cream, cream, half and half and stir. Add the curry powder, garam masala, salt and pepper. Set aside
2. In a large bowl combine the chicken, cooled pasta, celery, raisins, and nuts. Stir to combine. Pour in most of the curry dressing and stir to cover all the ingredients. Add more dressing if needed. If time permits, cover and chill before serving. Add more dressing just before serving if you have any left.
3. At the last minute chop the Romaine lettuce and slice the apples. Add them to the chicken mixture and serve.