

Curried Chicken Salad

1-2 cups chicken, chopped	1/2 cup low-fat mayo
1/8 cup onion, chopped	2 t. curry powder
1 T butter	4 t. water
1 tsp. lemon juice	1/4 t. salt
1/4 t. salt	1 1/2 cup apple, chopped
1/2 T. fresh parsley	2/3 cup diced celery
1/8 t. thyme	6 T. raisins
1/8 t. paprika	

Place onion and butter in a crock pot with the chicken. Pour lemon juice over the chicken and sprinkle with parsley, thyme, salt, and paprika. Cover and cook on Low 8-10 hrs. or High 4-5 hrs. Combine mayo, curry powder, and water in a medium bowl, stirring with a whisk until well blended. Add roasted chicken, chopped apple, celery, raisins, and salt. Cover and chill. Enjoy with crackers or spread over whole wheat bread.

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All of our recipes can be found online at www.uvu.edu/wellnessed

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