

Boston Medical Center
Department of Food and Nutrition Services
East Newton Campus: (617) 638-5945
Menino Pavilion: (617) 414-3837
Adult Outpatient: (617) 638-7470
Pediatric/Adolescent Outpatient: (617) 414-4189



Curried Chicken Salad with Grapes

Serves 6

Ingredients:

Salad:

3 cups cooked, cubed chicken breast
1 ½ cups halved green or red grapes
½ cup chopped celery
½ cup red pepper
2 Tbsp sliced scallions

Dressing:

½ cup low-fat mayonnaise
2 Tbsp orange juice
1 tsp curry powder
¼ tsp white pepper

Directions:

Combine all salad ingredients. Combine all dressing ingredients in a small bowl and whisk together until smooth. Toss the dressing with the salad and serve.

Diabetic Exchange: 4 lean meat exchange; ½ starch exchange

Nutritional Information per 1 cup serving:

Calories: 243	Carbohydrates: 10 g
Total Fat: 8 g	Cholesterol: 64 mg
Saturated Fat: 1.5g	Dietary Fiber: 1 g
Sodium: 293	Protein: 27 g

Source: Diabetic Meals in 30 Minutes or Less, American Diabetes Association