



Madras Chicken & Broccoli Salad

Ingredients:

- 8 oz boneless, skinless chicken breast, trimmed of fat
- 1/3 cup nonfat plain yogurt
- 1 tablespoon prepared mango chutney, (see Tip)
- 1 teaspoon hot Madras curry powder
- 2 tablespoons chopped fresh cilantro
- 2 cups finely chopped broccoli
- 1/4 cup finely chopped red onion
- 1/4 cup chopped cashews

Directions:

- Place chicken in a small skillet or saucepan and add enough water to cover; bring to a simmer over high heat. Cover, reduce heat and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer to a cutting board, cut into 1/2-inch cubes and cool to room temperature.
- Meanwhile, whisk yogurt, chutney, curry and cilantro in a medium bowl until thoroughly combined. Add broccoli, onion, cashews and the cooked chicken; toss to coat.
- **Tips for Two:** Refrigerate leftover chutney for up to 6 months. Whisk with yogurt for a quick dressing, dip or marinade; serve alongside grilled meat, fish or chicken; blend with reduced-fat cream cheese for a zingy spread.

Yield: 2 servings

Nutritional Information: 266 Calories; 9g Fat; 2g Sat; 4g Mono; 61mg Cholesterol; 19g Carbohydrates; 29g Protein; 3g Fiber; 222mg Sodium; 555mg Potassium

Recipe Source: www.eatingwell.com

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.