

## **Curried Chicken Salad**

1 c. fat-free mayonnaise  
3/4 c. plain non-fat yogurt  
2 Tbl. honey  
1 Tbl. lemon juice  
1-1/2 Tbl. curry powder  
6 c. chopped cooked chicken, cooled  
3 c. halved red grapes  
3/4 c. toasted slivered almonds  
3/4 c. diced celery  
Romaine lettuce

Mix together first 5 ingredients in a medium bowl.

In a large bowl, toss together chicken, grapes, almonds and celery.

Pour dressing over chicken mixture and toss.

Refrigerate until serving time. Serve on a bed of Romaine lettuce.