

## Curried Chicken Salad

**Serves: 8**

### Ingredients:

1 small onion, sliced thinly	4 scallions, chopped finely
4 boneless, skinless chicken breast halves	1 cup golden raisins
2 tsp. curry powder, divided	2 Tbsp. sweetened, flaked coconut, divided
¼ tsp. garlic salt	¼ cup light mayonnaise
¼ cup orange juice	24 whole-wheat crackers
15 oz. can mandarin oranges, drained well	

Preheat oven to 400 degrees.

Scatter onion slices on the bottom of a medium baking dish. Place chicken in baking dish and sprinkle with curry and garlic salt. Pour orange juice around chicken. Bake for 15 minutes or until cooked through. Cool, then cut into bite-sized pieces.

In a medium bowl, mix chicken, oranges, scallions, raisins, and 1 tsp. coconut. Stir in mayonnaise.

Transfer to serving bowl and top with remaining coconut. Serve with whole-wheat crackers.

Per serving: 300 calories, 7 g fat.