



## From the Kitchen of Executive Chef Jessica VanRoo

### Curried Chicken and Mango Salad

Serves 3-4

*527 calories per serving*

**Description from Live Well UCI Health Blog: [www.ucihealth.org/blog](http://www.ucihealth.org/blog)**

Curry, turmeric, cumin and ginger are flavorful spices renowned for their anti-inflammatory properties. Mangoes are rich in vitamin C, offering 70% of the recommended daily intake. Greek yogurt is an excellent source of protein, calcium and probiotics. Add boneless, skinless chicken breast and you have a lean source of protein.

Total cost: \$13.59/\$3.40 per serving

#### Ingredients

- 1 lb skinless, boneless chicken breasts
- 2 cups chicken broth or water
- 2 teaspoons dry herb mix (typically includes basil, thyme, marjoram, oregano, sage and rosemary)
- 3/4 cup plain Greek yogurt
- 5 teaspoons curry powder
- 1 teaspoon turmeric
- 1 tablespoon fresh lime juice
- 1 teaspoon agave or honey
- 1/2 teaspoon ground cumin
- 1/2 to 1 teaspoon fresh grated ginger
- 3/4 cup diced red onion
- 1 firm, ripe mango (3/4 lb), peeled, pitted and chopped
- 1/2 cup diced celery
- 1/2 cup diced red bell pepper
- 1/2 cup roasted cashews, coarsely chopped
- Lettuce or other leafy greens to serve



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**Instructions**

1. Combine chicken with broth or water and dry herb seasoning mix in a saucepan. Bring to a boil, then reduce to a simmer.
2. Simmer with lid partially covering the pot for 6 minutes.
3. Turn off heat, cover completely, set aside for 15 minutes or until chicken is cooked through to an internal temperature of 165 degrees.
4. Remove chicken from liquid, cool for 10 minutes then chop into bite-size pieces.
5. In a large bowl, combine remaining ingredients and mix thoroughly. Add chicken and mix gently to thoroughly coat chicken pieces.
6. Serve on a bed of greens.