

# Curried Chicken and Mango Chutney Salad

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*Britain's years in India bred a love for the spices and chutneys available there. This is not a traditional dish but rather a modern adaptation using traditional ingredients.*

- ¼ cup (2 fl oz/60 ml) dry white wine
- 2 whole chicken breasts, skinned and boned
- 1 clove garlic
- 1 serrano (hot) chili, seeded
- 2 tablespoons half-and-half (half cream and half milk)
- 1 tablespoon curry powder
- ¼ cup (2 fl oz/60 ml) safflower oil
- freshly ground pepper to taste
- ½ cup (4 fl oz/125 ml) mango chutney (recipe follows)
- 6 ribs celery, sliced crosswise
- Boston or Bibb (butterhead) lettuce leaves for garnish
- ¼ cup (1¼ oz/35 g) cashew halves for garnish (optional)

1. Preheat an oven to 450°F (230°C).
2. Sprinkle the wine over the chicken breasts, and bake them, uncovered, for 15 minutes. Remove from the oven, and cool them. Slice them across the grain, place the slices in a large mixing bowl and set aside.
3. In a food processor with the motor running, drop in the garlic and chili. Add the half-and-half and curry powder. Mix well, scraping the sides at least once to blend all the ingredients. With the machine running, very slowly drizzle in the safflower oil. Season with freshly ground pepper.
4. Add the dressing, chutney and celery to the chicken, and mix well. Line a serving plate with the lettuce leaves, place the chicken on top and garnish with the cashews.

**Serves 6**

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*1 serving: Calories 220, Protein 19 g, Carbohydrates 9 g, Fiber 1 g, Total fat 12 g (Saturated 2 g, Monounsaturated 2 g, Polyunsaturated 7 g), Cholesterol 50 mg, Sodium 85 mg, Vitamin C 20%.*

▲ ½ Fruit, 1 Meat



## MANGO CHUTNEY

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2 mangoes, peeled and coarsely chopped  
½ cup (2½ oz/75 g) diced onion  
½ cup (3½ oz/105 g) firmly packed brown sugar  
½ cup (4 fl oz/125 ml) white wine vinegar  
4 cloves garlic, minced  
1 jalapeño (hot green) chili, seeded and minced  
1 tablespoon minced fresh gingerroot  
¼ teaspoon ground cloves  
salt and freshly ground pepper to taste

1. In a nonaluminum saucepan, simmer all the ingredients for 20 minutes. Cool and refrigerate.

Makes 2 cups (16 fl oz/500 ml)

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*¼ cup per serving: Calories 75, Protein 1 g, Carbohydrates 20 g, Fiber 1 g, Total fat 0 g (Saturated 0 g, Monounsaturated 0 g, Polyunsaturated 0 g), Cholesterol 0 mg, Sodium 5 mg, Vitamin A 40%, Vitamin C 30%.*

▲ 1 Fruit