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Cashew Chicken Salad Sandwiches



Randy Mayor; Jan Gautro

This sandwich goes together as fast as an ordinary turkey sandwich but is much more interesting. Serve with sliced fresh fruit for a casual dinner for two.

★★★★★ Outstanding

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Yield: 2 servings (serving size: 2/3 cup chicken salad and 1 bun)

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Nutritional Information

Amount per serving

Calories: 353

Calories from fat: 26%

Fat: 10.3g

Saturated fat: 2.6g

Monounsaturated fat: 1.5g

Polyunsaturated fat: 1.8g

Protein: 31.6g

Carbohydrate: 35.8g

Fiber: 4.8g

Cholesterol: 69mg

Iron: 1.8mg

Sodium: 925mg

Calcium: 115mg

Nutrition Guidelines for Healthy Living

Ingredients

1/4 cup fat-free sour cream

1 tablespoon light mayonnaise

1/4 teaspoon curry powder

2 cups chopped roasted skinless, boneless chicken breasts (about 2 breasts)

1/3 cup chopped celery

2 tablespoons chopped dry-roasted cashews

1 tablespoon finely chopped green onions

2 (2-ounce) whole wheat hamburger buns

Preparation

Combine first 3 ingredients in a large bowl, stirring until well blended. Add chicken, celery, cashews, and green onions; stir well. Serve chicken salad on buns.

Elaine Magee, M.P.H., R.D., **Cooking Light**

APRIL 2004

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Outstanding

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5 Reviews

calorista

This is such a crazy delicious and simple recipe...I'm so glad I stumbled upon this when I was looking for something to make for a picnic! The best chicken salad I've honestly ever had with the mixture of cashews, celery and the touch of curry powder.

Outstanding 10/03/10

sma1978

I have a hard time rating a sandwich more than "good, solid recipe" but this is a great sandwich. I've made it for my work lunches two out of three weeks and it hasn't gotten boring. I made it with dried cranberries the first time and dried apricots the second. Next time I'll make it with diced apples.

Good, solid recipe 11/10/09

debcooks

I love this chicken salad! I, too, added more (reduced fat) mayo cause it was a little too dry. Also added a tbsp. lemon juice which gave it a nice kick. I'll definitely make it again for a great take-to-work lunch.

Outstanding 06/18/09

LadyDee1

Very tasty. I used Swanson canned chicken and worked well. I was not sure about the curry, it was all great! This is a keeper.

Outstanding 03/23/09

CindyA

I have been looking for a recipe like this for some time. I had a salad like this at the Naples Beach Resort and have been trying to replicate it for sometime. I made the salad as described and put it into a pineapple boat. You cut a pineapple in half lengthwise, cut out the center and cut along the edges so the pineapple can be pulled out in chunks. Add the salad to the center. It's delicious.

Outstanding 02/20/09

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COURSE: Sandwiches | CONVENIENCE: Quick/Easy | CUISINE: American | MAIN INGREDIENT: Poultry

PUBLICATION: Cooking Light

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