



Curry Chicken Salad Lunch Box

Preparation Time: 30 minutes

Category	Optional					Cooking process	#1 No Cook
Yield		10 each		40 each		Directions	
Ingredients		Weight	Measures	Weight	Measures		
Flatbread, WGR			10 each		40 each	CCP: No bare hand contact with ready to eat food.	
Chicken, fully cooked, diced		1.25 lb		5 lb		1. Thaw flatbread at room temperature.	
Greek yogurt, plain, low-fat			3/4 cup		3 cups	2. Thaw chicken in refrigerator overnight.	
Mayonnaise			1/2 cup		2 cups	CCP: Hold at 41° F or below.	
Curry powder			1 Tbsp + 1 tsp		1/4 cup + 1 Tbsp	CCP: No bare hand contact with ready to eat food.	
Lemon juice			1 Tbsp		1/4 cup	3. Combine Greek yogurt, mayonnaise, curry powder, lemon juice, salt, and black pepper in a large bowl. Mix thoroughly. Add apples, cilantro, onion, and chicken. Mix gently until all ingredients are coated with the yogurt mixture.	
Salt			1/2 tsp		1 tsp		
Black Pepper			1/8 tsp		1/2 tsp		
Apple, green, diced 1/2"	2 oz	1/2 cup		8 oz	2 cups		
Cilantro, fresh, chopped	.3 oz	1/4 cup		.8 oz	1 cup	CCP: Hold at 41° F or below.	
Onion, red, raw, diced 1/4"	1.6 oz	1/4 cup		6.1 oz	1 cup	CCP: No bare hand contact with ready to eat food.	
Grapes, fresh	14.9 oz	2 1/2 cups		3 lbs 11.2 oz	2 qt + 2 cups	4. Remove grapes from stem and wash thoroughly.	
Carrots, fresh, baby	12.5 oz	2 1/2 cups		3 lbs 2 oz	2 qt + 2 cups	5. Cut flatbreads in half diagonally and then each half in half one more time to create triangles.	
						CCP: Hold and serve at 41° F or below.	



Meal components						2 oz eq WGR grain, 2 oz m/ma, 1/2 cup red/orange vegetable, 1/2 cup fruit								
Notes						Marketing guide (Food As Purchased)			10 servings			40 servings		
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.						Apple, fresh, 125-138 count			2.2 oz			8.7 oz		
						Cilantro, fresh			0.3 oz			0.9 oz		
						Onions, fresh			1.8 oz			6.9 oz		
						Grapes, fresh, with stem			15.3 oz			3 lb 13 oz		
Serving						One box provides 2 oz eq WGR grain, 2 oz m/ma, 1/2 cup red/orange vegetable, and 1/2 cup fruit.								
Nutrients per serving														
Calories	391	kcal	Sat Fat	2.5	g									
Protein	21	g	Chol	52	mg									
Carb	41	g	Sodium	540	mg									
Total Fat	17	g	Dietary Fiber	5	g									