

Chicken Curry Rice Salad

From USA Rice Federation



Ingredients:

1/2 cup plain yogurt
3 T. curry powder, divided
1 clove garlic, minced
1/2 tsp. salt
1/4 tsp. ground red pepper
4 boneless, skinless chicken breasts
3 cups cooked rice (cooked in
chicken broth), cooled
1 med. red pepper, julienned
1/2 med. red onion, sliced
1 cup snow peas, julienned
2 green onions, sliced

1/3 cup raisins
1/4 cup unsalted peanuts, chopped
1/4 cup prepared light Italian
dressing

To Prepare:

Combine yogurt, 2 T. curry powder, garlic, salt and ground red pepper in med. bowl. Mix well. Place chicken in mixture; stir to coat. Cover and marinate 4-6 hrs. in refrigerator. Grill or broil chicken and (over)

cut into strips; refrigerate. Combine rice, remaining 1 T. curry powder, red pepper, red onion, snow peas, green onions, raisins and peanuts; mix well. Cover and refrigerate 1 hr. Pour dressing over salad, toss. To serve, place chicken strips over salad. Makes 4 servings.

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