

Curried Chicken Pitas

(also pictured on page 164)

Total time 20 minutes

Makes 4 main-dish servings

- ¼ c. packed fresh cilantro leaves, finely chopped
- ¼ c. reduced-fat sour cream
- 2 Tbsp. low-fat mayonnaise



- 1 Tbsp. fresh lime juice
- 1 tsp. grated peeled fresh ginger
- ¼ tsp. curry powder
- ¼ tsp. ground coriander
- Salt

2 c. chopped, cooked chicken-breast meat

5 radishes, cut into ¼-in.-thick half-moons

1½ c. chopped cantaloupe (8 oz.)

¼ sm. red onion, finely chopped

3 Tbsp. roasted cashews, chopped

4 pitas, toasted

1. In small bowl, whisk cilantro, sour cream, mayonnaise, lime juice, ginger, curry powder, coriander, and ⅛ teaspoon salt until well blended. If making ahead, cover and refrigerate up to 1 day.

2. In bowl, combine chicken, radishes, cantaloupe, and onion. If making ahead, cover and refrigerate up to 1 day. To serve, toss chicken mixture with half of dressing. Sprinkle with cashews. Serve with pitas and remaining dressing.

EACH SERVING 🍏 🍌 🍷 About 380 calories, 29 g protein, 45 g carbohydrate, 9 g total fat (3 g saturated), 3 g fiber, 65 mg cholesterol, 535 mg sodium. ■