

curried chicken & fruit salad

Total time about 15 minutes

Makes 4 main-dish servings

- ¼ cup mango chutney
- ¼ cup light mayonnaise
- 2 tablespoons fresh lime juice
- 2 teaspoons curry powder
- 2 cups (½-inch pieces) skinless rotisserie chicken *méat* (about 10 ounces)
- 2 medium stalks celery, chopped
- 1½ cups (¾-inch chunks) ripe cantaloupe (about one-fourth medium melon)
- 1 cup seedless red grapes, each cut in half
- 8 Boston lettuce leaves

1. Coarsely chop any large pieces of fruit in chutney. In large bowl, combine chutney, mayonnaise, lime juice, and curry powder. Stir in chicken, celery, cantaloupe, and grapes.

2. Divide lettuce among 4 dinner plates; top with chicken salad.

>> Each serving: About 270 calories, 22 g protein, 23 g carbohydrate, 11 g total fat (3 g saturated), 2 g fiber, 68 mg cholesterol, 220 mg sodium.

Thai chicken with basil

Total time about 20 minutes

Makes 4 main-dish servings

Great

The original microplane grater can shred nutmeg, and zest. If you do check out the

• For versatility, the four-sided Oxge (\$14.99, top) has a surface to produce tacos, the medium squash for zucchini, the finest surface to grate nutmeg. The edge can cut a cheese or carrot, and the comfy handle fits in a container that

so you can grate in one step. At specialty

• With its superior Microplane Bo

bottom) is easy to use on surfaces, but for Parmesan cheese

tool is tops. Use the slide to produce curls, or a slide attached

down to the vegetable, cheese without. At specialty stores. www.microplane.com