

½ cup low fat mayonnaise
1 teaspoon curry powder
2 teaspoons water
2 medium chopped, boneless grilled seasoned chicken breast
¾ cup chopped apple (about 1 medium)
1/3 cup diced celery (about 2 stalks)
3 tablespoons dried cranberries
Dash of pepper to taste

Directions:

1. Combine mayonnaise, curry powder and water in a medium bowl, stir with a whisk until well blended.
2. Add the chopped grilled season chicken, apples, celery, cranberries, and pepper, stir mixture well to combin