This light meal is perfect for lunch or a warm summer evening.

**Mango Chicken Salad Pitas**
The mango chutney and curry powder add a flavorful twist to traditional chicken salad. For a more traditional variation, feel free to substitute them with finely chopped celery.

1 cup reduced-sodium chicken broth
1 lb. boneless, skinless, chicken breasts
1/2 cup light mayonnaise
1/2 cup plain nonfat yogurt
1/2 cup mango chutney
1 tsp. curry powder
1/8 tsp. salt
Freshly ground black pepper to taste

1 cup grapes, quartered
1/2 cup finely chopped pecans
1/2 cup chopped scallion
2 large romaine lettuce leaves, torn in half
2 (6”) whole wheat pitas, halved to form 4 pockets

Pour chicken broth into a large skillet; cover and bring to a boil over high heat. Add chicken, lower to medium heat, cover, and simmer until chicken is cooked through about 10 minutes. Remove chicken from broth, let cool, and chop into 1/2” pieces.

In a medium bowl, combine mayonnaise, yogurt, mango chutney, curry powder, salt, and pepper. Stir in grapes, pecans, and scallions. Chill for at least 2 hours.

To serve, place one piece of lettuce in each pita and fill with chicken salad.

Nutrition Information (per ¼ recipe):
388 calories, 31 g protein, 15 g fat, 2 g saturated fat, 33 g carbohydrate, 3 g fiber, 78 mg cholesterol, 521 mg sodium
1 serving equals:
0.25 fruit, 1 whole grain, 1 protein/ dairy, 1 fat

**Summer Garden Gazpacho**
Fresh, sweet corn on the cob and summer ripe tomatoes make this cold soup extremely flavorful.

4 ears of fresh corn on the cob, shucked
4 ripe summer tomatoes
1 avocado
Juice of 1/2 lime (~1 T)

Fill a large pot with water, cover, and bring to a boil over high heat. Add corn, lower to medium-high heat, and simmer 12-15 minutes until corn is tender; drain and rinse under cold water to cool completely.

Cut corn from cob and place in a large serving bowl. Chop 1 tomato and avocado; add to bowl. Place remaining 3 tomatoes in blender; blend until smooth. Add pureed tomatoes to bowl with lime juice, salt, pepper, scallion, and parsley. Chill at least 2 hours. (flavors will intensify with longer storage)

Nutrition Information (per ¼ recipe):
197 calories, 5 g protein, 9 g fat, 1 g saturated fat, 31 g carbohydrate, 3 g fiber, 0 mg cholesterol, 171 mg sodium
1 serving equals:
2 vegetables, 1 fat

Total Meal Nutrition Information (per ¼ each recipe):
584 calories, 36 g protein, 24 g fat, 3 g saturated fat, 64 g carbohydrate, 11 g fiber, 78 mg cholesterol, 692 mg sodium
1 serving equals:
2 vegetables, 0.25 fruit, 1 whole grain, 1 protein/ dairy, 3 vegetable, 2 fat

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Mango Chicken Salad Pitas with Summer Garden Gazpacho

Shopping List

Produce Section
- 1 cup grapes, quartered
- 1/4 cup + 2 T. chopped scallion
- 2 large romaine lettuce leaves, torn in half
- 4 ears of fresh corn on the cob, shucked
- 4 ripe summer tomatoes
- 1 avocado
- Juice of 1/2 lime (~1 T)
- 2T. chopped fresh parsley

Dry Goods Section
- 2 (6") whole wheat pitas (see tip #1)
- 1 cup reduced-sodium chicken broth
- 1/4 cup light mayonnaise
- 1/4 cup plain nonfat yogurt
- 1/4 cup mango chutney (see tip #2)
- 1/2 cup finely chopped pecans
- 1 tsp. curry powder (see tip #2)

Meat/Dairy Section
- 1 lb. boneless, skinless, chicken breasts

Smart Shopper Tip #1:
This chicken salad could also be served on whole grain bread, wrapped in a whole grain tortilla, with whole grain crackers, or on a bed of lettuce.

Smart Shopper Tip #2:
Mango chutney can usually be found with the jellies or other condiments.
For a more traditional chicken salad, feel free to leave out the mango chutney and curry powder.