Fitness Model™ Thai Curry Chicken and Grape Salad Sandwich

This is a meal that I prepare when all of my fitness model friends come over, and we all enjoy it outside by the pool, or its great right after our workout. I love the crisp sweet grapes and curry seasoning that add a lot of taste to this chicken salad recipe.

Prep Time: 10 minutes

Ingredients:

2 portions chicken breast, chopped
½ cup seedless red grapes, chilled, halved
½ cup green grapes, chilled, halved
1 apple cored and diced
½ cup fat free mayonnaise
1 lemon, halved
Sprinkle curry powder seasoning, to taste
¼ tsp ground black pepper
2 cups baby romaine leaves
2 slices of whole wheat bread

Directions:

In medium mixing bowl, combine precooked and chopped chicken, chilled red and green grapes, apple, mayonnaise, lemon juice, curry powder, and black pepper.

Toast 2 slices of bread and place baby romaine on top along with chicken salad.