



Swimsuit-Ready in 20 Days: Lunch Recipes

Curried Chicken Salad

½ pound cooked chicken breast, chopped

¼ onion, diced

½ cup plain nonfat yogurt

1 tablespoon curry powder

2 ounces water

Mix all the ingredients in a microwave-safe bowl. Cover with plastic wrap, venting on one side. Microwave on High for 1 to 1½ minutes. (Serve open-faced on a single slice of non-flour bread or on a bed of romaine lettuce.)

Serves: 1