

CURRIED CHICKEN, APPLE, AND TOASTED MILLET SALAD

**1/2 CUP MILLET OR BULGUR WHEAT
1 CUP FAT FREE CHICKEN BROTH
1 1/2 CUPS DICED COOKED SKINLESS CHICKEN BREAST
1 APPLE, CORED AND DICED
1/2 CUP THINLY SLICED CELERY
1/4 CUP CURRANTS
4 TEASPOONS REDUCED SODIUM SOY SAUCE
1 TABLESPOON RICE VINEGAR
1/2 TEASPOON CURRY POWDER
SALT AND PEPPER**

IN A SMALL SAUCEPAN SET OVER A MEDIUM-LOW FLAME, TOAST THE MILLET UNTIL IT'S GOLDEN, ABOUT 10 MINUTES, STIRRING FREQUENTLY. (IF USING BULGUR, DO NOT TOAST.) ADD THE BROTH AND BRING THE MIXTURE TO A BOIL.

REDUCE THE HEAT TO LOW, COVER THE SAUCEPAN, AND SIMMER THE MILLET UNTIL IT IS TENDER, ABOUT 30 MINUTES (BULGUR WHEAT TAKES 20 TO 25 MINUTES). TRANSFER THE COOKED GRAIN TO A LARGE BOWL, FLUFF IT WITH A FORK, AND LET IT COOL.

ADD THE CHICKEN, APPLE, CELERY, AND CURRANTS TO THE COOLED GRAIN.

IN A SMALL BOWL, MIX THE SOY SAUCE, VINEGAR, AND CURRY POWDER. POUR THE DRESSING OVER THE SALAD AND MIX THOROUGHLY.

SEASON THE SALAD WITH SALT AND PEPPER.