

# Select Solutions

## Easy Recipe

## Pack a Pita Pocket

IT MIGHT BE COLD OUT, BUT A LINEUP OF FALL ACTIVITIES CAN TEMPT ALMOST ANYONE INTO THE GREAT OUTDOORS FOR A LITTLE FUN. **Whether it's a football tailgate party, a brisk bike ride, or an afternoon spent raking leaves (then jumping into the piles, of course), take along this chutney chicken salad to keep you fully charged throughout. Sweet chutney, cashews, and the flavors of curry make this chicken salad substantial and satisfying. Tucking the filling neatly inside pita bread pockets is the key to quick and easy eating—particularly important when you've got a hungry gang rushing to catch kickoff.**

### CHICKEN CHUTNEY POCKETS

PREP AND COOK TIME: About 15 minutes, plus cooling time  
MAKES: 4 servings

4 Safeway SELECT Gourmet Club Low-Fat Chicken Fillets (about 1 lb. total)

½ cup thinly sliced celery  
½ cup thinly sliced green onion  
¼ cup Safeway SELECT Major Grey Chutney, chopped  
About ¼ cup Safeway SELECT Mayonnaise, to taste  
½ teaspoon curry powder

¼ cup coarsely chopped salted cashews  
3 or 4 pocket bread rounds (about 6 in. in diameter), cut in half  
6 or 8 large red-leaf lettuce leaves, rinsed and crisped

1. Arrange frozen chicken breasts on a lightly oiled baking sheet and broil 6 to 8 inches from heat until done, 4 to 5 minutes per side (internal temperature should be 165°). When meat is cool, tear chicken into bite-size pieces.

2. In a bowl, combine celery, onion, chutney, mayonnaise, and curry powder; add chicken and mix well. If making ahead, cover and chill up to 4 hours.

3. Mix cashews with chicken salad. Gently open bread pockets. Tuck a lettuce leaf into each pocket and fill with equal portions of salad. Pack in a rigid container or individually in sandwich bags.

Per serving: 433 cal., 34% (149 cal.) from fat; 27 g protein; 17 g fat (1.8 g sat.); 44 g carbo (1.8 g fiber); 738 mg sodium; 60 mg chol.

THE FOUR C'S: CHICKEN, CHUTNEY, CURRY, AND CASHEWS COMBINE FOR A SCRUMPTIOUS AUTUMN SALAD.



### Quick Tip

## bread machine magic

BELIEVE IT OR NOT, YOU CAN USE YOUR BREAD MACHINE TO PREPARE THE DOUGH FOR JUST ABOUT ANY YEAST BREAD RECIPE. All you need to do is make sure the recipe is scaled to your machine's capacity. A good rule of thumb is to compare the volume of ingredients in the recipe you'd like to use with a bread machine recipe you know works well. In general, a recipe with 2½ to 3 cups of flour makes a loaf small enough for a 1-pound machine; 3 to 3½ cups flour work for a 1½-pound machine; and 3½ to 4 cups flour, a 2-pound machine. Once you've picked the appropriate recipe, process the ingredients in your machine through the first dough rising. Then shape the loaf manually (remember to remove the dough blade), let the loaf rise, and bake it in the oven at the temperature and time called for in your recipe. — HOLLY RUDIN-BRASCHI