

## Chicken Sesame Balls

### Ingredients

1 cup cooked chicken\*, finely chopped  
1 tbs. onion, finely minced  
1 tbs. parsley, minced  
1/2 tsp. curry powder  
1/4 tsp. paprika  
4 tbs. lowfat mayonnaise  
1/3 cup sesame seeds, unhulled, toasted  
Fresh parsley sprigs

### Preparation

In a small bowl, combine chicken, onion, parsley, curry powder, mustard, and paprika. Mix ingredients together. Add mayonnaise, one tablespoonful at a time, mixing until thoroughly blended. Taste and adjust seasonings, if necessary. Form into balls, using one tsp. of mixture for each ball. Cover and refrigerate until thoroughly chilled. Meanwhile, toast sesame seeds in a 325° oven until lightly browned. Remove chicken balls from refrigerator, roll in toasted sesame seeds, and place on a serving dish. Yield: 24 balls. \*cooked turkey breast may be used in place of chicken.