



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Tarragon Yogurt Chicken Salad

Ingredients:

- 1 1/4 cups plain fat free yogurt
- 1 tsp dry tarragon (2 tbsp fresh)
- 1 tbsp dijon mustard
- 3 cups cooked diced chicken (use chicken breast, no skin)
- 1/2 cup minced celery
- 1/2 cup minced scallions
- 6 cups mixed greens
- 1 cup halved cherry tomatoes
- Salt and pepper to taste

Directions:

1. In a bowl, combine yogurt, tarragon and mustard. Let stand 10 minutes.
2. Add chicken, celery and scallions and season to taste.
3. Let salad rest 15-20 minutes before served over lightly dressed greens. Garnish with tomatoes and serve.

Serves 4

Nutrition: 240 calories, 4 g fat, 13 g carbohydrate, 37 g protein, 250 mg sodium

Source: National Dairy Council

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