

The Everyday Kitchen

Healthy Chicken Salad - *serves 8*

Ingredients

4 3-4 oz. Chicken Breasts, cooked and cut into 1 " pieces
2 Cucumber, peeled and diced
2 c Red Seedless Grapes, halved
3 c Baby Arugula, long stems removed
4 tbsp Fat Free Plain Greek Yogurt
2 tbsp Olive Oil
1 tbsp Lemon Juice
1 tbsp Red Wine Vinegar
2 tsp Dijon Mustard
1 tsp Dried Tarragon*
1/2 tsp Marjoram
Salt and Pepper

In a large bowl, combine chicken, cucumber, grapes, and arugula. In a small bowl, whisk together Greek yogurt, olive oil, lemon juice, vinegar, mustard, tarragon, marjoram, salt and pepper until well combined. Pour over salad and toss to combine. Serve chilled.

*Fresh tarragon would be an excellent substitute, if you can find it.

Nutrition Information (Approximate Values): 220 Calories, 7g Fat, 30g Protein, 1g Fiber, 12g Carbohydrates