

Tarragon Chicken Salad

Feel free to make lots of edits on this, like sub out the lemon for the lime, but don't skip the acid. Its what makes this salad taste fresh and bright instead of heavy and rich like most chicken salads. You will also see that I use less mayo and add olive oil. I do this for better flavor and to add a healthy fat. Add a variety of herbs if you like too. The more the merrier!

Directions

Shred and rough chop the poached chicken. You can also use whatever leftover cooked chicken you have for this, whether its roasted, baked or poached.

Mix all ingredients together in a bowl. Keeps fresh in the fridge for about 4 days. Serve alone, with fresh veggies, stuffed in a small avocado or on cucumber slices.

When I say to feel free to make substitutions, I really mean it. This salad could be flavored lots of ways. Think of this as a base recipe and then add different herbs, spices, chopped fruits, nuts, veggies to find combinations that you love. One of my favorites is adding curry powder, halved grapes, and toasted walnuts! ■

Ingredients

1/2 cup onion, minced (1/2 small onion)

1/2 cup celery, minced (1.5 ribs)

1/2 cup carrot, grated (1 small carrot)

zest & juice of 1 lime

1 tbsp tarragon, chopped

3 tbsp mayonnaise

1 tbsp olive oil

1/2 tsp salt

1/4 tsp pepper

2 cups poached chicken