



## *Tarragon Leaves*

Tarragon has a distinctive anise or licorice flavor. Only the leaves are edible. It can easily dominate other flavors, and care should be taken when using tarragon. French tarragon is sweet and aromatic and is most often used in cooking. It is available year round.

Tarragon can be used in sauces for fish or chicken, in mushroom or chicken soups, in vegetables and many varieties of salads such as a potato, tuna, egg, pasta, and chicken.

1 tsp. dried Tarragon Leaves = 1 tbsp. chopped fresh tarragon



### **Creamy Tarragon Chicken Salad**

8 servings, 1 cup each

#### **Ingredients**

- 2 pounds boneless, skinless chicken breast, trimmed
- 1 cup reduced-sodium chicken broth
- 1/3 cup walnuts, chopped
- 2/3 cup reduced-fat sour cream
- 1/2 cup low-fat mayonnaise
- 1 tablespoon dried tarragon
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 1/2 cups diced celery
- 1 1/2 cups halved red seedless grapes

#### **Preparation**

1. Preheat oven to 450°F.
2. Arrange chicken in a glass baking dish large enough to hold it in a single layer. Pour broth around the chicken. Bake the chicken until no longer pink in the center and an instant-read thermometer inserted in the thickest part of the breast registers 170°F, 30 to 35 minutes. Transfer the chicken to a cutting board until cool enough to handle, then cut into cubes. (Discard broth or save for another use.)
3. Meanwhile, spread walnuts on a baking sheet and toast in the oven until lightly golden and fragrant, about 6 minutes. Let cool.
4. Stir sour cream, mayonnaise, tarragon, salt and pepper in a large bowl. Add celery, grapes, the chicken and walnuts; stir to coat. Refrigerate until chilled, at least 1 hour.

#### **Tips & Notes**

Bake the chicken (Steps 1-2) and refrigerate for up to 2 days. Cover and refrigerate the salad for up to 1 day; add the nuts just before serving. Wonderful on a bed of mixed greens or a sandwich with nutty whole-grain bread.



**683250 6/3.5 oz.**

