

Laurie's Chicken Salad

Serves: 8

4 chicken breast – rinse, pat, dry, s & p, cook ½ hour or until juice runs clear

1-½ c. red grapes cut in ½

2 t tarragon

1 bunch fresh parsley (chopped)

½ lemon zested

½ lemon juiced

2 heaping tsp Dijon mustard

1 T good olive oil (to moisten)

1 T white wine vinegar (or to taste)

S & P

Scallions (green only) diced up

Cube chicken, mix in ingredients, ENJOY!

Nutritional analysis per serving: Calories: 173.3; Protein: 27.8; Fat: 3.4 g; Carbohydrate: 6.6g; Fiber: 0.7g; Sodium 112.4;