**TARRAGON YOGURT CHICKEN SALAD**

Pinellas County Steps for a Healthier Florida — Pinellas Teen Cuisine Program

**SERVINGS PER RECIPE:** 4

**Ingredients:**
- 1 ¼ cups plain fat free yogurt
- 1 teaspoon dry tarragon (2 tablespoons fresh)
- 1 teaspoon Dijon mustard
- 3 cups cooked diced chicken (use chicken breast, no skin)
- ½ cup minced celery
- ½ 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 serving over lightly dressed greens. Garnish with tomatoes and serve.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size: 294g</th>
<th>Servings Per Container</th>
<th>Calories: 220</th>
<th>Fat Cal: 35g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount/serving</td>
<td>%DV*</td>
<td>Amount/serving</td>
<td>%DV*</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4g</td>
<td>6%</td>
<td>Total Carb</td>
</tr>
<tr>
<td>Sat. Fat</td>
<td>1g</td>
<td>5%</td>
<td>Fiber</td>
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<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
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<tr>
<td>Cholest.</td>
<td>90mg</td>
<td>30%</td>
<td>Protein</td>
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<tr>
<td>Sodium</td>
<td>320mg</td>
<td>13%</td>
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</tr>
</tbody>
</table>

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.