

CHEF & CHILD FOUNDATION RECIPE COLLECTION

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.

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.

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serving Size 294g)		Total Fat 4g	6%	Total Carb 11g	4%
Servings Per Container		Sat. Fat 1g	5%	Fiber 2g	8%
Calories 230		Trans Fat 0g		Sugars 6g	
Fat Cal. 35g		Cholest. 90mg	30%	Protein 37g	
		Sodium 320mg	13%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 100% • Vitamin C 35% • Calcium 15% • Iron 10%					



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