

chicken salad w/ Chobani yogurt, pomegranate and tarragon

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Cook time: 30-60 minutes

Prep time: 30-40 minutes

Servings: Four 1-cup servings

Ingredients:

2 cups/12 oz chicken breast, cubed

1 cup celery including leaves, chopped

¼ cup onion chopped fine

½ cup walnuts chopped

½ cup pomegranate seeds

2T fresh tarragon chopped

½ cup Chobani 0% natural greek yogurt

2T olive oil

1tsp apple cider vinegar

½ tsp salt

¼ tsp white pepper

Directions:

CUT leftover roasted chicken or store bought skinless breasts into cubes.

CHOP celery, onion, walnuts, pomegranate and tarragon and place all ingredients in a bowl.

ADD yogurt, olive oil, cider vinegar, salt and pepper

MIX all ingredients together and season further to your own liking

I love eating this on a big bed of greens or in the summer with zucchini ribbons and a wedge of lemon.

Nutrition Facts

Chobani chicken salad w/ pomegranate,walnuts, tarragon

4 Servings

Amount Per Serving

Calories	283.3
Total Fat	15.9 g
Saturated Fat	2.0 g
Polyunsaturated Fat	7.9 g
Monounsaturated Fat	4.5 g
Cholesterol	52.7 mg
Sodium	391.0 mg
Potassium	311.6 mg
Total Carbohydrate	9.7 g
Dietary Fiber	2.4 g
Sugars	5.4 g
Protein	26.6 g