Tarragon Chicken Salad Sandwich

Yield: 2 servings
Total Time: 20 minutes

Ingredients
- 1 cup cooked chicken breast (or 1 can chicken breast)
- ½ cup red onion, finely chopped
- ½ cup carrots, diced
- ½ cup canned artichoke hearts, chopped
- 1 cup red seedless grapes, cut in half
- 2 tablespoons of light mayonnaise
- 1 tablespoon fresh lemon juice (or 1 ½ teaspoons bottled lemon juice)
- 1 tablespoon chopped fresh tarragon (or 1 ½ teaspoon dried)
- ½ teaspoon black pepper
- 2 six-inch whole wheat pita bread

Preparation Instructions
1. Chop cooked chicken breast into small chunks. Set aside in a bowl.
2. Prepare vegetables and grapes: chop red onion, dice carrots, chop artichoke hearts and cut grapes in half. Add all to bowl with chicken.
3. Whisk together mayonnaise, lemon juice, tarragon and black pepper. Stir into the chicken, vegetables and grapes until just blended.
4. Cut whole wheat pita in half and fill each half with chicken salad. Enjoy!

Nutrition Analysis
Per serving: 410 calories; 9g fat (1.5g saturated, 0g trans); 65mg cholesterol; 530mg sodium; 53g carbohydrate (6g dietary fiber; 18g sugar); 32g protein.
Vitamin A 110%, Vitamin C 20%, Calcium 10%, Iron 20% Daily Value.

Tip: Using leftover chicken works great with this recipe and decreases the total prep time! You can also serve over a bed of lettuce or with a side salad. Choose low-sodium ingredients when possible.

Cost: $3.30 per serving