

Tarragon Chicken Salad

3 cups boneless chicken breasts, cooked and chopped into small bite-size pieces
1 ½ cups grapes, quartered
1/2 cup celery, diced
¼ cup diced red onion
½ cup toasted walnuts or pecans
2 tbsp fresh tarragon leaves, chopped (or less if you don't like strong flavor)
1 tbsp fresh parsley, chopped
¾ cup mayonnaise
Squeeze of fresh lemon juice
Salt and Pepper to taste (I use ½ tsp salt, ¼ tsp pepper)

Combine the chicken, grapes, celery, onion and nuts in a medium bowl. In a small bowl combine the mayonnaise, lemon juice, tarragon, parsley, salt and pepper. Mix dressing into chicken mixture. Refrigerate for at least 1 hour. Can serve on sandwiches or greens. 5-6 servings.