

## **SUMMERTIME CHICKEN SALAD**

**By Kimberli Washington, Public Information Office**



### **Ingredients:**

- 4 romaine hearts, torn into pieces
- 2 cups shredded rotisserie chicken
- ½ pound small red potatoes, halved
- 2 tablespoons tarragon
- 2 tablespoons chives
- 1 cucumber, peeled and sliced
- 4 radishes, cut into wedges
- 1 yellow bell pepper, thinly sliced
- 2 tablespoons white wine vinegar
- ¼ cup low fat yogurt
- ¼ cup extra virgin olive oil
- Salt and pepper, to taste

### **Directions:**

- In a small pot, cover potatoes with water. Season with salt and pepper, cover and boil until fork-tender (about 6 minutes). Drain and let cool.
- In a blender/food processor, pulse chives, tarragon, vinegar and yogurt. Use salt and pepper to taste and slowly drizzle olive in. Continue to pulse until a thick dressing is made.
- In a large bowl, toss the romaine leaves, potatoes, chicken, cucumber, radishes and bell pepper with the dressing. Add more salt and pepper as needed for flavor.
- Serve and enjoy!!!

**Disclaimer:** It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.