

# Tarragon Chicken, Garbanzo, and Kale Salad

## Ingredients:

- 2 cups chicken breast, cooked and diced
- 1 15 ounce can no salt added garbanzo beans, rinsed and drained
- 1/2 cup red onion, diced
- 1 cup kale, finely chopped
- 2 tablespoons canola oil
- 1 tablespoon balsamic vinegar
- 2 teaspoons Dijon mustard
- 1/2 teaspoons dried tarragon leaves
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup reduced-fat feta cheese, crumbled

## Directions:

1. Combine all ingredients in a large bowl.
2. Serve immediately for peak flavors.

Tip: If not serving immediately, add additional 1 tablespoon vinegar to this recipe.

Nutrition Facts	
Serving Size 1 1/4 cup (267g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 330</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 310mg</b>	<b>13%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 5g	20%
Sugars 3g	
<b>Protein 33g</b>	
Vitamin A 8%	• Vitamin C 10%
Calcium 10%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: American Diabetes Association

