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

Calories 330	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 310mg	**13%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 5g	**20%**
Sugars 3g	
Protein 33g	

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:
Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

Source: American Diabetes Association