



Cooking Made Easy



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Tarragon Chicken & Wheat Berry Salad

with Radishes, Dried Cherries & Almonds



Tarragon's citrus and anise notes give ordinary chicken salad extra finesse. Tart dried cherries, crisp radish, and nutty wheat berries add heartiness and textural intrigue to this revamped classic. Bonus: leftovers make the perfect lunch for work!



40 min



level 1



lactose free



Chicken Breast



Wheat Berries



Sliced Almonds



Mayonnaise



Tarragon



Radishes



Arugula



Dried Cherries



Scallions



Lemon

Ingredients		2 People	4 People
Chicken Breast		2	4
Wheat Berries	1)	¾ C	1 ½ C
Lemon		1	2
Sliced Almonds	2)	1 oz	2 oz
Mayonnaise	3)	2 T	4 T
Scallions		2	4
Arugula		4 oz	8 oz
Radishes		3	6
Tarragon		1 sprig	2 sprigs
Dried Cherries		1 oz	2 oz
Olive Oil*		2 T	4 T

*Not Included

Allergens

- 1) Wheat
- 2) Nuts
- 3) Eggs

Tools

Small Pot, Medium Tall-Sided Pan, Small Bowl, Strainer, Zester, Medium Bowl

Ruler

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Nutrition per person Calories: 804 cal | Carbs: 69 g | Fat: 38 g | Protein: 55 g | Fiber: 15 g



1 In a medium pot, bring 3 cups **water** and the **wheat berries** to a boil with a large pinch of **salt**. Bring to a boil, cover, and reduce to a simmer for 35-40 minutes, until tender. Drain and rinse under cold water.



2 Meanwhile, poach the **chicken**: fill a medium tall-sided pan with 2-inches **water** and bring to a simmer. Season the **water** with **salt**, then add the **chicken** and simmer for about 15 minutes, flipping half way through until cooked through. **HINT**: Be sure not to let the water boil or the chicken will be tough instead of juicy!

3 While the chicken poaches, thinly slice the **scallions**, keeping the green and white parts separate. Mince the **tarragon**. Zest and halve the **lemon**. Thinly slice the **radishes**.



4 In a small bowl, combine 2 tablespoons **mayonnaise**, the **scallion whites**, **lemon zest**, **tarragon**, and a generous squeeze of **lemon**. Season with **salt** and **pepper**.

5 When the **chicken** is cooked through, let it cool slightly, then cut into ½-inch cubes. Toss with the **mayonnaise mixture**, **radishes**, **dried cherries**, and **wheat berries**. Season with **salt** and **pepper**. **HINT**: You can use the pot you cooked the wheatberries in to save yourself a dish!



6 Toss the **arugula** with 2 tablespoons **olive oil**, a squeeze of **lemon**, and a pinch of **salt** and **pepper**.

7 Serve the **chicken salad** on top of a bed of **arugula**, then sprinkle with the **sliced almonds** and **scallion greens**. Enjoy!