

Mediterranean Chicken Salad

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Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 25 minutes

6 tablespoons olive oil

2 tablespoons white-wine vinegar

1/2 teaspoon dried tarragon

1/2 tablespoon fresh lemon juice

1/2 tablespoon Dijon mustard

1/2 teaspoon salt

1/4 teaspoon pepper

1 (3-pound) rotisserie chicken, diced

1/2 cup orzo

1 cup cherry tomatoes, halved

1 jar (6 oz) marinated artichoke hearts, drained

1/2 cup pitted kalamata olives, coarsely chopped

In a small bowl to create the dressing, combine the oil, vinegar, tarragon, lemon juice, mustard, salt and pepper. Whisk to blend.

In a medium bowl, toss the chicken with 1/4 cup of dressing.

Boil the orzo in a large pot of salted water until just tender but still firm to bite. Drain and rinse under cold water to cool. Drain well.

Transfer the orzo to a large bowl. Stir in the remaining dressing and toss to coat.

Add the chicken, tomatoes, artichoke hearts and olives.

Refrigerate until serving.

Per Serving (excluding unknown items): 182 Calories; 14g Fat (68.6% calories from fat); 2g Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 211mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.