

Tarragon and Turkey Salad

Serves 4

Ingredients:

3 cups cooked brown, white or wild rice
2 cups cubed (cooked) turkey or chicken breast
1 cup seedless grapes, halved
½ cup chopped red bell pepper
⅓ cup sliced green onions

Dressing

2 Tablespoons red wine or 1½ Tablespoons balsamic vinegar
2 Tablespoons olive oil
2 teaspoons dried tarragon leaves
2 teaspoons spicy mustard
1 teaspoon sugar

Directions:

1. Whisk together dressing ingredients.
2. Add the rice and remaining salad ingredients, mixing well.
3. Season with salt, if desired.

Cook's Comment:* Cook once and eat twice with this salad. Enjoy chicken or turkey with a side of rice one night. Make enough so you can use the extra to create this salad within a day or two. Twice is nice when your meal is different each time!

Cook's Tips*

- When I had all the ingredients except the green onions on hand, I've re-hydrated about a tablespoon of minced dried onions and used them in place of the green onions. To re-hydrate dried onions, add an equal amount of water or as package directs. Let sit for 5 to 10 minutes, then drain off any excess water. I also have used the dressing recipe for tossed lettuce salads, using about 6 cups of lettuce.

Nutrition analysis per serving: Calories: 360; Total fat: 9 g

Source: Courtesy of American Institute for Cancer Research (AICR) Newsletter, Spring 1997; Issue 55. For more recipe ideas check their Web site at: www.aicr.org