



Tarragon and Turkey Salad

Serves 4

Ingredients:

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

* A tablespoon of rehydrated minced dried onions can be used in place of green onions. To re-hydrate dried onions, add an equal amount of water or as package directs. Let sit for 5 to 10 minutes, and drain off excess.

Directions:

1. Whisk together red wine, olive oil, tarragon, mustard and sugar.
2. Add rice and remaining ingredients, mixing well.
3. Season with salt, if desired.

Nutrition facts:

Calories: 360

Fat: 9g

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