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# Spring Chicken & Blue Cheese Salad

## Chicken

- 1 Cup nonfat Greek yogurt
- 1 Clove garlic, minced
- 2 Tablespoons extra-virgin olive oil
- 2 Tablespoons finely chopped fresh tarragon or 1 tablespoon dried
- 1 Pound boneless, skinless chicken breast, trimmed
- ¼ Teaspoon salt
- ¼ Teaspoon freshly ground pepper

## Salad

- 1 Head butterhead lettuce, torn into bite-size pieces
- ½ Head radicchio, cored and very thinly sliced
- 1 Cup baby arugula or mixed baby greens
- ½ Cup walnuts, toasted and chopped

- 1) Preheat oven to 350°F.
- 2) To prepare chicken: Combine yogurt, garlic, oil and tarragon in a large bowl. Season chicken with salt and pepper and add to the bowl; turn to coat. Place the chicken in a baking dish and cover completely with the yogurt mixture.
- 3) Bake until the chicken is cooked through and an instant-read thermometer inserted into the thickest part registers 165°F, 35 to 45 minutes. Transfer to a clean cutting board. Thinly slice the chicken when cool enough to handle.
- 4) To prepare dressing: Mash blue cheese, oil, vinegar, tarragon and honey together in a medium bowl with a fork until well combined. For a creamier dressing, add yogurt 1 tablespoon at a time, if desired. Season with salt and pepper.
- 5) To assemble salad: Gently toss lettuce, radicchio and arugula (or mixed greens) in a large bowl. Divide the greens among 4 plates, top with equal portions of the chicken, spoon 2 tablespoons of the dressing over each salad and sprinkle with walnuts.



## Creamy Blue Cheese-Tarragon Dressing

- 2 Ounces blue cheese
- 3 Tablespoons extra-virgin olive oil
- 2 Tablespoons red-wine vinegar
- 1 Tablespoon finely chopped fresh tarragon, or 1 teaspoon dried
- 1 Tablespoon honey
- 1-2 Tablespoons nonfat Greek-style yogurt
- 1/8 Teaspoon salt
- Freshly ground pepper, to taste

Mash blue cheese, oil, vinegar, tarragon and honey together in a medium bowl with a fork until well combined. For a creamier dressing, add yogurt 1 tablespoon at a time, if desired. Season with salt and pepper.