

Chicken Salad with apricots & almonds

Breast meat from a rotisserie chicken is super convenient and gives you the best flavor, but any cooked chicken breast will work.

Makes 8 servings (6 cups)

Total time: 20 minutes

4	cups cubed cooked chicken breast
1	cup canola oil mayonnaise
1	cup sliced dried apricots
1/2	cup slivered almonds, toasted
1/2	cup minced shallots
3	Tbsp. minced fresh tarragon
1	Tbsp. minced lemon zest
2	Tbsp. fresh lemon juice
	Salt and black pepper to taste
8	purchased croissants, split horizontally
8	leaves green leaf lettuce

Combine chicken, mayonnaise, apricots, almonds, shallots, tarragon, zest, and lemon juice; season with salt and pepper.

Serve chicken salad on croissants with lettuce.

Per serving: 283 cal; 14g total fat (1g sat); 60mg chol; 285mg sodium; 14g carb; 2g fiber; 24g protein