



# Recipes

## Meat and Poultry

### Tarragon Chicken Salad

*Prep Time: 15 minutes*

*Yield: 2 servings*

#### **Ingredients:**

8 ounces cooked chicken breast meat, cut into 1 inch pieces  
3 cups fresh watercress  
5 radishes, thinly sliced  
2 pieces celery, thinly sliced  
1 medium pear, diced  
1/3 cup pine nuts  
3 tablespoons chopped fresh tarragon  
1/8 teaspoon ground cardamom  
1 tablespoon avocado oil

#### **Directions:**

1. Combine all ingredients in a large salad bowl and toss.
2. Add sea salt and pepper to taste.