

Tarragon Dill Grilled Chicken Salad
Courtesy of AllRecipes.com

- 1/2 cup lemon juice
- 1/4 cup olive oil
- 4 garlic cloves, minced
- 1 tbsp crushed red pepper flakes, or to taste
- 3 (6 oz) skinless, boneless chicken breasts
- 1/2 cup sour cream
- 1/2 cup reduced-fat mayonnaise
- 1/4 cup rice vinegar or cider vinegar
- 1/4 cup fresh lemon juice
- 1 cup seedless red grapes, halved
- 1 large Granny Smith apple, cored and chopped
- 1/2 cup celery, diced
- 1/2 cup fresh tarragon, finely chopped
- 2 tsp finely chopped fresh dill
- salt and pepper to taste

To make the marinade, mix 1/2 cup lemon juice, olive oil, garlic, and red pepper flakes together in a bowl. Place the chicken breast on a flat surface, and cut from one side through the middle of the breasts to within one half inch of the other side. Open the two sides and spread them out flat like an open book. Place in a shallow dish, and pour the olive oil mixture over the chicken, turning once to coat evenly with marinade. Refrigerate at least 30 minutes.

Makes 8 to 12 servings.