



Tarragon Almond Chicken Salad

(Made with Scratch Crockpot Shredded Chicken)

A legacy recipe from the kitchen of Chef Laura Lea.

Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Passive Time: 1 hour

Ingredients:

- 3 cups shredded plain chicken
(approximately 1 whole roasted chicken)

Scratch Crockpot Shredded Chicken: Place the following in a crockpot on low for 6-8 hours: 4 lbs boneless skinless chicken thighs (breasts will tend to dry out), 1 cup water or low-sodium chicken stock, 1 teaspoon sea salt and 1/4 teaspoon black pepper. When chicken is finished cooking, use forks to shred chicken in the crockpot, letting it absorb some of the liquid. After you are finished shredding, drain chicken of excess liquid in a colander. This will make enough for at least two recipes requiring 3 cups chicken each. Leftovers freeze beautifully.

- 1 large ripe avocado
- 2 cloves garlic, peeled and roughly chopped
- 1 tablespoon Dijon mustard
- 1 teaspoon onion powder
- 1 tablespoon raw honey
- 2 tablespoons mayo
- 1 1/2 teaspoons dried tarragon or 1 tablespoon fresh, minced. **No tarragon? No problem! Sub dried or fresh basil in the same amounts, or leave out altogether. It's still delicious!*
- 2 tablespoons fresh lemon juice
- 1 teaspoon sea salt
- 1/4 teaspoon black pepper
- 2 stalks celery, sliced into 1/4 inch thick pieces
- 1/2 cup roasted unsalted almonds, chopped

Instructions:

Place shredded chicken in a large bowl.

Combine avocado, garlic, mustard, onion powder, honey, mayo, tarragon, lemon juice, sea salt, and pepper in a high-speed blender and puree until smooth, adding water to achieve the texture of a thick sauce. ***Note:** *The sauce can be a bit of a bear to get out, but have patience and ideally, a skinny spatula. I may or may not occasionally resort to scooping the last bits with my (clean) fingers.*

Pour sauce over chicken and stir to incorporate evenly. Add celery and sliced almonds.

Refrigerate, covered, for at least 1 hour for best taste. Store tightly sealed and refrigerated for up to 4 days.

Notes:

