

## Decision Day 7 (Lunch)

### Green Salad with Chicken and Mustard Tarragon Vinaigrette (serves 4)

3 C mixed baby greens  
1 C green beans  
1 C asparagus spears  
3 6-7 oz chicken breast  
3 T olive oil  
1 lemon, zest and juice  
1 C cherry or grape tomatoes, halved  
2 T grain mustard (optional)  
2 T Dijon mustard  
2 T chopped fresh tarragon  
1 T white wine vinegar  
S and P to taste

1. Bring 2 qt. of water to a boil and add 1/4 cup salt.
2. Add beans to water and boil for 3-4 minutes. Remove beans from boiling water and submerge in a bowl of ice water. (this stops the cooking and retains the crispness of the vegetable)
3. Wait for water to resume boil and add asparagus. Cook 2 minutes strain and submerge in the bowl of ice water with the beans.
4. Place chicken breasts on baking tray. Drizzle with olive oil, lemon zest and lemon juice and season with salt and pepper. Bake at 350 degrees for 15-20 minutes or until firm. Allow to cool and slice lengthwise.
5. For vinaigrette: in a bowl combine mustards, tarragon, and vinegar. While whisking, drizzle in oil.
6. Place 3/4 cup of greens, top with beans, asparagus, chicken and dressing.