

# Betty's Tarragon Chicken Salad Sandwich



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In this video, Betty demonstrates how to make a Tarragon Chicken Salad Sandwich. The chicken salad is deliciously flavored with fresh tarragon. It is a copy of one of the sandwiches that I ordered when my husband, Rick, and I had lunch at 815 Prime Restaurant in Midway, Kentucky, recently.

## Ingredients:

2 cups cooked chicken breast meat, cut or pulled into chunks

$\frac{3}{4}$  cup very finely chopped celery

$\frac{3}{4}$  cup mayonnaise

$\frac{1}{4}$  cup to  $\frac{1}{2}$  cup fresh minced tarragon, to taste (Use only  $\frac{1}{3}$  as much if you are using dried tarragon.)

wheat bread slices, as needed

fresh, thin tomatoes slices, as needed

outer lettuce leaves, washed and dried with paper towel, as needed

Place 2 cups cooked chicken breast meat,  $\frac{3}{4}$  cup chopped celery,  $\frac{3}{4}$  cup mayonnaise, and  $\frac{1}{4}$  cup to  $\frac{1}{2}$  cup fresh minced tarragon in a large mixing bowl. Stir until ingredients are mixed well. For each sandwich, spread one slice of wheat bread with chicken salad mixture. Top with fresh, thin tomato slices and flat, outer lettuce leaves. Cap sandwich with a slice of wheat bread. Use a chef's knife to trim all four edges of the sandwich, and then slice diagonally to divide the sandwich into two equal halves. Serve immediately. I really like the taste of the tarragon on this chicken salad sandwich. I hope you enjoy it! --Betty ☐