

Chicken Salad Tea Sandwiches

Yield: makes about 20 tea sandwiches

Chicken Salad Ingredients:

4 bone-in chicken breasts
Extra virgin olive oil
Kosher salt and fresh ground pepper
1/2 cup mayonnaise
1 tablespoon Dijon mustard
1 tablespoon fresh lemon juice
1 1/2 tablespoons chopped fresh tarragon leaves
1 cup small-diced celery (2 stalks)
2 tablespoons red onion, finely chopped
1 cup green grapes, cut in fourths
1 loaf wheat bread, with the crusts cut off
1 bunch chives, finely chopped
1/2 cup cream cheese, softened



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- Step 1:** Preheat the oven to 350 degrees F.
- Step 2:** Place the chicken breasts, skin side up, on a sheet pan covered in foil and rub them with extra virgin olive oil. Season the breasts well with kosher salt and freshly ground pepper.
- Step 3:** Roast the chicken breasts for about 35-40 minutes, until the chicken is cooked through (165 degrees F). Let it cool before removing the meat from the bone and discarding the skin. Cut the chicken into a 1/2 inch dice.
- Step 4:** Place the cut chicken meat into a bowl and add the mayonnaise, Dijon, lemon juice, red onion, tarragon, celery, and grapes. Season with salt and pepper and mix well.
- Step 5:** Spread the salad onto one piece of wheat bread. Top with another piece and cut in half diagonally.
- Step 6:** When all sandwiches have been assembled, spread one side of the triangle with a thin layer of cream cheese and then dip both sides into a plate that has the chopped chives spread out.
- Step 7:** Neatly arrange the sandwiches onto a platter and serve cold.