



INGREDIENTS

For the Dressing:

3 tbsp balsamic vinegar
3 tbsp olive oil
1 tbsp chopped shallots
1 tsp honey
1 tsp water
Italian dressing
1/8 tsp. kosher salt
black pepper, to taste

For the Chicken:

16 oz. boneless chicken breast
1 clove garlic, crushed
flatten it.
1 tsp. seasoned salt

For the Salad:

6 cups baby spinach
3 cups sliced strawberries
2 oz. crumbled feta cheese

OPTIONAL SALAD TOPPINGS

Cranberries, candied pecans, and french fried onions

Grilled Chicken Salad with Strawberries & Spinach



4 servings



20 minutes

INSTRUCTIONS

1. In a small bowl whisk together the dressing ingredients.
2. Season the chicken with seasoned salt, then mix in crushed garlic
3. Grill or saute the chicken on medium high heat for 5-6 minutes on each side until charred on the outside and cooked through in the
4. middle (165 degrees). Set aside on a cutting board and slice at an angle.
5. In a large bowl, toss the spinach with the dressing. Divide between 4 plates and evenly top with strawberries, feta cheese, and grilled chicken.
6. Serve and enjoy!

Summer Pudding

Ingredients

10-15 thin slices white bread, with crusts removed

½ cup thawed frozen apple juice concentrate

1 ½ cup raspberries

1 ½ cups blueberries

2 cups strawberries, quartered

½ cup cranberries

1 cup blackberries

1 tsp. powdered gelatin

1/8 cup cold water

Whipped cream as needed



Directions

1. The day before you plan to serve the pudding, line a 2 quart mixing bowl with plastic wrap. Line the plastic wrap with the white bread slices, trimming to fit so that the pieces fit together neatly. Save enough bread to cover the top of the pudding.

2. In a saucepan, combine the apple juice concentrate and all the berries. Bring the mixture to a boil and cook until the strawberries begin to soften, about 1 minute. Turn the heat off immediately.

3. Stirring, dissolve the gelatin in the water, then add the mixture to the berries and stir to combine. Spoon into the bread lined bowl. Cover with remaining bread slices, cover the bowl with plastic wrap, and slightly weight it down. Chill overnight.

4. Remove the pudding from the refrigerator and remove the plastic wrap. Carefully turn the pudding out onto a platter, remove the bowl and the plastic wrap. Serve in slices with whipped cream on top.