

WILD BERRY GRILLED CHICKEN SALAD WITH STRAWBERRY VINAIGRETTE DRESSING (Montgomery Co. HS)

¾ cup olive oil

*½ cup seasoned rice
wine vinegar (may
substitute apple
cider vinegar)*

*1 tsp. Dijon Mustard
½ cup strawberries
(cut and packed)
¾ tsp. onion powder*

*1 ½ tsp. garlic powder
2 Tbs. honey
½ tsp salt
½ tsp. white pepper*

Add all ingredients into a blender. Blend on low till well blended. Refrigerate until use.

Chicken Marinade

*12 chicken tenders (1.5-2.0 oz. ea.)
1 tsp. salt
2 Tbs. Mrs. Dash*

*3 Tbs. olive oil
2 Tbs. honey (drizzle just before
cooking)*

In a bowl, mix chicken, salt, and Mrs Dash. Add in olive oil; drizzle with honey. Preheat grill to 350° F or broil chicken tenders to 170° F (approximately 15-20 minutes).

Salad

6 cups salad greens of choice

½ cup cucumbers (quartered)

½ cup apples (diced)

12 cherry or grape tomatoes (halved)

½ cup blueberries

½ cup of blackberries or black raspberries

1 cup of strawberries (quartered)

6 Tbs. Feta cheese

Mix all ingredients into a bowl and drizzle with dressing.