

THE RECIPES, continued

STRAWBERRY CHICKEN WRAP

Montgomery County High School 4-H Farmalicious

Chicken

2 Tbsp Mrs. Dash
1 tsp. kosher salt

3 Tbsp olive oil
2 Tbsp honey

In a bowl, mix chicken, salt and Mrs. Dash. Add olive oil and honey. Rub into chicken until covered. Pre-heat grill to 350°. Cook to 165°-170°, turning frequently. Place on tray, keeping warm until ready to serve.

Strawberry Salsa

1 pint strawberries
(reserve 3 for garnish)
2 sweet apples, cored
1 cucumber, seeded
1 Tbsp fresh cilantro,
finely chopped
2 Tbsp honey
1 Tbsp apple cider
vinegar

1/2 tsp kosher salt
3/4 tsp onion powder
1 tsp Dijon mustard
1 large tomato, seeded
1 jalapeño
pepper, seeded
(approximately 4
inches)
1 head romaine lettuce

1 tsp fresh thyme
2 tsp olive oil
1/2 tsp white pepper
1 1/2 tsp garlic powder
Juice of 1/2 fresh
lemon and 1/2 fresh
lime (or juice from
concentrate)

Dice all fruits and vegetables; combine in bowl with herbs and spices. Squeeze lemon and lime over all ingredients. Stir and fold over until juices begin to flow.

Wrap

10-inch wheat tortilla shells
Lettuce leaf
Grilled chicken tenders

Strawberry salsa
Shredded cheese

On a 10-inch wheat tortilla shell, place lettuce leaf and 2 chicken tenders. Spoon on strawberry salsa.

Top with shredded cheese. Fold tortilla shell over, forming a wrap. Garnish with 1/2 sliced strawberry (green top included) on center of wrap. Insert a toothpick into strawberry and wrap to hold together. Serve with extra strawberry salsa on the side.

