

Strawberry Feta Salad (Chicken Optional)

Salads can be a fast, easy way to pull together a meal on the spot. Cook some extra chicken and throw it in your lunch the next day or eat it at dinner. Swap out the strawberries and use whatever seasonal fruit you'd like.

INGREDIENTS & DIRECTIONS

7-10 cups of any or all of the following: mixed salad greens/arugula/spinach

2 cups fresh strawberries, sliced

4 ounces crumbled feta cheese

white balsamic vinegar

olive oil

Optional add-in/substitution ideas: honey, maple syrup, candied nuts, shrimp, pumpkin seeds, blueberries, raspberries, pears

Place ingredients in a large bowl. To serve, drizzle with vinegar & oil; toss to combine. That's it!

INSTRUCTIONS FOR QUICK MARINATED CHICKEN:

Combine 2 tablespoons oil and 2 tablespoons vinegar in a large zip-top plastic bag. Add chicken to bag; seal. Let stand 10 minutes, turning occasionally.

Heat a grill (or)pan over medium-high heat. Remove chicken from marinade; discard marinade. Sprinkle chicken with ¼ teaspoon salt and ¼ teaspoon pepper.

Coat pan or grill with cooking spray. Add chicken to pan; grill 5 minutes on each side or until done. Cut into slices.



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BALSAMIC VINAIGRETTE

1 tablespoon dijon mustard
3 tablespoons balsamic vinegar
1 garlic clove, minced
½ cup olive oil
salt and pepper to taste

In a small bowl add the dijon mustard, balsamic vinegar and garlic, stir to combine. Add the oil to the bowl slowly in a steady stream while you whisk. As you whisk, the dressing will thicken. Salt and pepper to taste. Serve over salad, refrigerate any leftovers.

Market Shopping List

- Balsamic Vinegar - Ariston
- Blueberries (July-Aug) - 18th C. Purity, Blueberry Hill Organics, Easy Pickin's, Riverview
- Chcken (June-Oct) - Proctor Hall Farm
- Feta (June-Oct) - Beltane Farm
- Garlic (June-Oct) - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, CT Valley, Oxen Hill, Riverview, Wayne's Organic
- Greens (June-Oct) - 18th C. Purity, Apis Verdi, Bluebird Hill, Blueberry Hill Organics, Colgan, CT Valley, Easy Pickin's, Oxen Hill, Riverview, Wayne's Organic
- Honey (June-Oct) - Stonewall Apiary
- Maple Syrup - Hydeville Sugar Shack
- Olive Oil (June-Oct) - Ariston, Capa di Roma
- Pears (August-Sept) - 18th C. Purity, Easy Pickin's
- Raspberries (July-August) - 18th C. Purity, Blueberry Hill Organics, Easy Pickin's

Salt, pepper, dijon mustard - **Highland Park Market of Coventry**