

July 2019

Star-Spangled Dishes

“Star Spangled Salad”

Ingredients:

Mixed greens or baby spinach
English cucumber, 1, chopped
Celery, sliced, 1 cup
Tomatoes, grape, cut in half, $\frac{3}{4}$ cup
Shallots, 1, finely minced
Snap peas, trimmed, $\frac{3}{4}$ cup
Dried cranberries or cherries, 2 Tbsp.
Toasted walnuts, 1 Tbsp, chopped
Large red beet, peeled & thinly sliced
Vinaigrette

Directions:

Toss the greens, vegetables, dried fruit & nuts together in a large bowl.

Use a sharp star cookie-cutter to cut stars out of the beet slices.

If you don't have one, trace a star onto a sheet of parchment paper or waxed paper & cut it out. Place the template on the beet slices & use a sharp knife to cut around the template to form a star.

Arrange the stars a top of the salad mixture. Serve with the vinaigrette on the side.

Vinaigrette: Combine $\frac{1}{3}$ cup red wine vinegar, $\frac{1}{4}$ cup olive oil, 1 Tbsp Dijon mustard and black pepper to taste. Whisk together the ingredients.

Serves: 6-10

Grilled Chicken Cutlets with Strawberry Salsa

Ingredients:

Pineapple juice, 1 (6 oz. can) or $\frac{3}{4}$ cup
Apple cider vinegar, 2 Tbsp.
Olive oil, 2 Tbsp.
Ground Cumin, 1 Tbsp.
Ground ancho chile pepper, 1 tsp.
Kosher salt, to taste, optional
Black pepper to taste
Chicken breast cutlets, 2 pounds

Directions:

Whisk together the pineapple juice, vinegar, oil, cumin, ground ancho chile, salt & pepper. Place the chicken cutlets in a large ziplock plastic freezer bag; pour marinade over chicken. Seal bag & chill 30 minutes. Remove chicken from marinade, discard marinade. Pat chicken dry.

Coat cold cooking grate of grill with cooking spray & place on grill. Preheat grill to medium-high (about 450 degrees) . Place chicken on grate & grill cutlets until grill marks appear & cutlets are done, 4 to 5 minutes on each side.

Serve with strawberry salsa:

Fresh strawberries, diced, 2 cups
Scallions, thinly sliced, 2
Baby radishes, $\frac{1}{2}$ cup thinly sliced
Chives, 2 Tbsp. Finely chopped
Lime juice, fresh, 2 Tbsp.
Salt & pepper to taste
Avocado, ripe, diced, 1

Toss together strawberries, scallions, radishes, chives, lime juice, salt & pepper in a bowl. Gently toss in avocado before serving. Makes: 3 cups.

Greek Yogurt with Warm Berry Sauce

Ingredients:

Blueberries, frozen, 2/3 cup

Blackberries, frozen, 2/3 cup

Water, 1/2 cup

Lemon juice, fresh, 2 Tbsp.

1 Tbsp. Butter

non-fat Greek yogurt, Siggi's, plain, 2 cups

Honey to taste

Directions:

Combine the first 4 ingredients in a small saucepan. Bring mixture to a boil.

Reduce heat to medium-low, gently boil for 10 minutes or until sauce thickens.

Stir in butter.

Spoon 1/2 cup yogurt into each of 4 bowls; top each serving with about 1/4 cup sauce.

Serves: 4