Quick Bites Segment: 12
Fresh Berries

Strawberry-Balsamic Spinach & Chicken Salad

Ingredients:
2 cups strawberries, fresh and quartered
1 cup blueberries, fresh
2 Tbsp. Balsamic vinegar
½ tsp. Ground pepper, divided
3 Tbsp. Olive oil
1 tsp. Honey, optional
1 # chicken tenders
1 5-ounce pkg. baby spinach, fresh
½ cup sliced almonds, toasted
½ cup feta
½ cup torn basil leaves
Directions:
Prepare chicken by sautéing in a large skillet until lightly browned & cooked through over medium heat. Internal temperature 165 degrees. Combine vinegar, honey, pepper & oil in a small bowl & whisk ingredients together.

On a large serving platter, assemble platter starting with a bed of spinach. Add berries & chicken. Drizzle vinaigrette. Top with nuts & feta cheese. Note: May also add cucumber, radishes, celery & red onion.

Serves: 4  3 oz. chicken & 2 cups salad
Calories: 345, Fat: 23 g, CHO: 16 g, Protein: 36 g, Fiber: 5 g, Sodium: 400 mg

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Star Spangled Dessert

Ingredients:
1 sheet frozen puff pastry, thawed
1-2 T. water
1 T coarse sugar
2 cups sliced fresh strawberries
1-1/2 cups fresh raspberries
1 cup fresh blueberries
16 oz. Siggi’s plain yogurt

Directions:
On a lightly floured surface, roll out pastry to 1/8” thickness. Cut with floured star-shaped cookie cutters. Place 1” apart on parchment paper lined baking sheets. Bake at 400 degrees for 8-10 minutes or until golden brown. Remove to wire racks. Brush lightly with water and sprinkle coarse sugar and cool.

In a large bowl, combine berries; set aside. Place yogurt in a small serving dish. Set yogurt dish on serving platter and add berries to the platter. Top berries with the pastry “stars.”
**Strawberry Bruschetta With Goat Cheese**

**Ingredients:**
16 slices of baguette
Olive oil
Goat cheese spread, 1 log (8 oz.)
1 pint fresh strawberries, thinly sliced
Fresh basil, snipped
Honey, to taste (optional)
Pepper to taste

**Directions:**
Heat oven to 400 degrees F.
Brush each slice of baguette with olive oil. Place baguette slices on a parchment paper-lined baking sheet.
Bake for 5-10 minutes, until lightly golden.
Place baguette slices on a serving platter. Spread goat cheese on each slice.
Combine strawberry slices, snipped basil and pepper in a bowl. Top baguette slices with the strawberry mixture. A tiny drizzle of honey may be added if a sweeter taste is desired.