

## 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

### **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.