

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Fresh and Crisp Spring Strawberry Salad for Dinner!

Easy and Appetizing:

Spring Strawberry Jam Salad

The Dressing and Marinade

- 1/4 Cup Strawberry Jam
- 1/4 Cup Balsamic Vinegar
- 1 Tsp Dijon Mustard
- 3 TB Extra Virgin Olive Oil
- 1/2 Tsp each Salt and Black Pepper
- 1 Large Chicken Breast

The Salad

- 8 Cups Spring Greens - Baby Spinach, Arugula or other Lettuces
- 1 Cup Shredded Red Cabbage
- 1 Cup Shredded Carrots
- 2 Cups Sliced Strawberries
- 4 Oz Goat Cheese, Crumbled
- 1/4 Thinly Sliced Green Onions
- 1/2 Cup Toasted Chopped Almonds

Step One To make the dressing, add the jam, vinegar, mustard and oil to a jar and shake well. Season with the salt and pepper. Add 1/2 of the dressing to a zippy bag with the chicken breast. Place in the frig for at least 4 hours or overnight. Remove the chicken from the bag, pat dry and cook on the grill or grillpan. When done, remove from the grill and let sit for 5 -10 minutes. Slice the chicken breast on the bias.

Step Two To make the salad, toss together the salad ingredients. Beginning with half of the remaining dressing, toss the salad, adding more if necessary. Top the salad with the sliced chicken breast.

2 Kitchen Smidgen

When strawberries are in season, you can make your own quick and easy refrigerator jam. Just take 2 cups of hulled strawberries - mash them with 1/2 cup of sugar and 4 Tsp fruit pectin. Put them in the microwave for 4 minutes on high, or until it comes to a rolling boil. Microwave on medium for another 5 minutes or until it starts to get thick. (It will thicken more as it gets cool.) Store in your frig for up to a week.

3 Get Creative

Make a little "jam butter" to spread on toasted bread and serve it with your salad. Add 1/4 cup of strawberry jam to a stick of softened unsalted butter. Place in a ramekin and serve with a toasted whole wheat baguette.

4 WINE of the Week

Domaine/Maison Joseph Drouhin Beaujolais Villages

Beaujolais, France

Total Wine about \$11.00

You'll enjoy every drop of this light red wine made from the Gamay grape in the southern region of Burgundy. Strawberries and raspberries will greet you in the aroma, and sweetness and just a hint of spice makes this a perfect choice for cool spring sipping.