

LETTUCE BEGIN!

Chinese Chicken Salad

Ingredients

1 pound boneless, skinless, chicken breast
1 tablespoons low-sodium soy sauce
1 teaspoon toasted sesame oil

1 head Romaine Lettuce, coarsely chopped
3 green onions/scallions, thinly sliced
1 large carrot, shredded (about 1 cup)
1 8 oz. can sliced water chestnuts, drained
1 11 oz. can Mandarin Oranges packed in water (not syrup), drained

dressing

3 tablespoons low-sodium soy sauce
1/3 cup rice vinegar
1 teaspoon minced garlic
1 teaspoon minced ginger
2 teaspoons sesame oil
2 tablespoons canola oil
2 tablespoons brown sugar

garnish

1/2 cup almonds or walnuts, toasted



Directions

For chicken

Preheat oven to 350°

Combine soy sauce and sesame oil and brush onto chicken breast. Bake in baking dish or on sheet pan about 20 minutes, or until thermometer reads 160°

Let cool, then dice in chunks or pull into shreds

For salad

In large bowl, combine romaine lettuce, scallion, carrot, water chestnut, mandarin oranges and chicken

For dressing

Whisk together soy sauce, vinegar, garlic, ginger, sesame oil, and brown sugar.

Toss salad and dressing together and garnish with toasted nuts if desired

Serves 4

Adapted from a recipe by Ellie Krieger, Healthy Appetite

Strawberry and Spinach Salad



Spinach and Strawberry Salad

Ingredients

1 large bag (about 1 lb.) Rhode Island Grown Baby Spinach, rinsed and dried
1 pint Rhode Island Grown Strawberries, rinsed and sliced
½ cup feta cheese, gorgonzola or goat cheese, crumbled (optional)
¼ cup of your favorite all natural salad dressing (Balsamic Vinegar & Olive Oil, Poppy Seed or Raspberry Vinaigrette would all be perfect!)

Instructions

1. Toss baby spinach and sliced strawberries in a large bowl with salad dressing.
2. Sprinkle with cheese if desired and serve

Serves 4