



Recipes for Success



Strawberry Spinach Salad

The vibrant colours in this refreshing summertime salad will attract kids and adults of all ages and stages!

Serves: 4

Ingredients:

Chicken breast, skinless, boneless	2
Pepper, black ground	to taste
Garlic	½ tsp
Spinach	8 cups
Strawberries	2 cups

Salad dressing:

Vegetable oil	1/3 cup
Wine vinegar or balsamic vinegar	2 Tbsp (25 mL)
Dijon mustard	½ tsp (2mL)
Fresh ground pepper	¼ tsp (1 mL)

Directions:

1. Preheat oven to 350°F.
2. Place chicken breasts in baking dish and sprinkle with garlic and pepper. Place in the oven for 30 minutes, or until no longer pink in the middle.

While the chicken is cooking:

3. Wash spinach leaves in cold water to remove any debris. Dry using a clean cloth or a salad spinner.
4. Wash and slice strawberries



Tweak this recipe to match your family's taste:

- Add sliced almonds or walnuts
- Add grapes, kiwi, or blueberries
- Sprinkle with your favorite cheese
- Use your family's favorite salad dressing

5. In a bowl, combine vegetable oil, red wine (or balsamic) vinegar, Dijon mustard, and black pepper. Whisk together.

Assembly:

6. Slice each chicken breast into strips.
7. In a large bowl combine spinach, strawberries, chicken and salad dressing.
8. Toss, Serve and Enjoy!

Suggested Tasks for Children:

- Find ingredients in refrigerator or pantry
- Put away ingredients once used
- Wash and dry spinach and strawberries
- Practice knife skills by carefully slicing strawberries (plastic knife friendly!)
- Older kids can slice cooked chicken breast
- Measure ingredients
- Whisk together salad dressing
- Transfer ingredients into salad bowl
- Carefully toss salad
- Carefully serve salad

