

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Strawberry-Chicken Salad with Mixed Greens and Walnuts

From *Quick Fix Meals* by Robin Miller

Serves 4

4 cooked chicken breasts cut into 1-inch chunks (grilled chicken tastes good)

1 cup hulled and sliced fresh strawberries

1 cup chopped celery

¼ cup chopped fresh chives

½ cup strawberry preserves (Try to find one sweetened with juice instead of sugar. Stay away from the ones sweetened with corn syrup.)

2 tablespoons olive oil

2 tablespoons cider vinegar

1 teaspoon Dijon mustard

Salt and freshly ground black pepper

6 cups mixed lettuce greens (any combination of romaine, Bibb, red leaf, Boston, etc.)

¼ cup chopped walnuts

1. In a large bowl, gently toss together the chicken, strawberries, celery and chives to combine.
2. In a small bowl, whisk together the preserves, oil vinegar, and mustard. Add to the chicken mixture and toss to combine. Season to taste with salt and pepper.
3. Arrange the lettuce on individual plates. Spoon the chicken salad over the lettuce and sprinkle the walnuts over the top just before serving.