



Chicken, Strawberry, Spinach Salad

serves 4

Salad

1lb boneless skinless chicken breasts, cooked and sliced
8 cups baby spinach or mixed greens
1 cup strawberries, stems removed and strawberries quartered
1/4 cup crumbled feta cheese (1 oz)
1/4 cup candied pecans (recipe follows)

Candied Pecans

makes 1 cup

2 Tablespoons butter, melted
1 egg white
1 /4 cup sugar
1/4 teaspoon ground cinnamon
1 cup pecan halves

Preheat the oven to 350 degrees F.

Line a large baking sheet with sides with aluminum foil. Pour the butter onto the lined sheet. In a large bowl, mix the egg white, sugar and cinnamon. Add the pecan halves and toss until they are fully coated. Spread the pecans into a single layer on the baking sheet. Bake for 10 minutes, stir, bake another 10 minutes.. Cool on the baking sheet for 10 to 15 minutes before serving.

Strawberry Dressing

3 tablespoons apple juice
2 tablespoons strawberry spreadable fruit
2 tablespoons balsamic vinegar

Combine all ingredients in a small bowl and whisk.

To assemble: Add all salad ingredients to a large serving bowl. Drizzle dressing over salad.
Toss and serve.