

Strawberry Salad with Strawberry Vinaigrette

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 7 minutes

Serves: 2 large dinner salads

CChints: Strawberries are in season during the late spring. The recipe gives you a double dose of the naturally sweet berries; chopped on the salad and pureed in the dressing. To clean the strawberries, run them under cool water and pat dry. Remove the green leaves and use a small sharp knife to remove the white core in the center. You will need a total of 1-1/2 cups of chopped strawberries, divided between the salad and the vinaigrette.



Salad:

2 boneless, skinless chicken breasts
1/2 teaspoon salt
Pepper to taste
1 Tablespoon olive oil
1/4 cup chopped walnuts
5.5 ounce bag prewashed mixed salad greens
1 cup chopped fresh strawberries
2-3 ounces creamy goat cheese
1 or 2 thin sliced green onion

Optional: Top with a sprinkle of toasted rice noodles you can find in the Asian section of markets.

Vinaigrette:

1/2 cup chopped strawberries
1/3 cup extra-virgin olive oil
1 tablespoon balsamic vinegar
1 tablespoon honey
pinch of salt

Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. You can leave each chicken breast whole or cut them in half before pounding. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. When you are done, sprinkle all with salt and pepper on both sides.

Heat a large nonstick still over medium heat. Add the oil and spread it around in the pan. When the pan is hot, add the chicken to the pan and brown for 3 minutes on each side, covered. Use the chicken cooking time to wash all surfaces that came in contact with the chicken. You can also use this time to finish any prep work. When the chicken is done, turn off the heat and transfer the chicken to a container to that will keep it slightly warm while you finish the salad.

Wipe the pan dry and turn the heat to medium-low. Add the nuts to roast in the dry pan for 1-2 minutes until they just start to turn a little brown. Remove them from the pan and set them aside.

To prepare the vinaigrette you will need a blender. Add the strawberries to the blender and blend until they are pureed. With the blender on low, pour in the rest of the ingredients. Pour the vinaigrette into a serving container and set aside to allow the flavors to come together.

Put the salad greens on each dinner plate. Remove the chicken from the container and slice into 1/2 inch wide strips. Lay the chicken strips on each salad in a pinwheel pattern. Sprinkle 1/2 cup of strawberries over each salad. Use your fingers to break up the cheese into pieces and scatter them on top. Finally, top each salad with the green onions, walnuts and rice noodles for a little crunch. Drizzle with dressing and you are ready to eat.

Caroleicious!