



Module 4: Fad Diets

Group 2: Strawberry Caprese Salad Skewers with Balsamic Reduction

Adapted from: thesuburbansoapbox.com

Prep time: 5 minutes
Cook time: 20 minutes
Total time: 25 minutes

Yield: 12 skewers

Balsamic reduction can be made up to a week in advance and stored in an airtight container at room temperature. Fantastic drizzled over pizza and leafy green veggies too!



EQUIPMENT

- ☐ Small saucepan
- ☐ Measuring cup
- ☐ Spoon
- ☐ Wooden skewers

INGREDIENTS

- 1 cup balsamic vinegar
- 24 fresh strawberries, rinsed, drained, and hulled
- 12 fresh mozzarella balls
- 24 basil leaves
- 12 4" wooden skewers

INSTRUCTIONS

1. Add vinegar to a small saucepan and bring to a boil over medium heat. Continue to simmer for about 20 minutes, stirring regularly, until reduced to approximately 1/3 of a cup. The vinegar should be syrupy at this point.
2. Allow the reduction to cool to room temperature.

3. Thread 1 strawberry onto a wooden skewer, followed by 1 basil leaf folded in half, 1 mozzarella ball, a 2nd basil leaf folded, and 1 strawberry. Repeat with remaining ingredients.
4. Drizzle the balsamic reduction over the skewers. Serve immediately.

Nutrition Information per skewer:

Calories	97
Total Fat	6 g
Cholesterol	10 mg
Sodium	25 mg
Total Carbohydrates	5 g
Dietary Fiber	0.4 g
Sugar	4 g
Protein	5 g
Vitamin D	0%
Calcium	0.6%
Iron	0.9% (0.3 mg)
Potassium	60 mg
Vitamin A	0.1% (40 IU)
Vitamin C	0.6% (14 mg)



Module 4: Fad Diets

Group 2: Grilled Teriyaki Chicken Salad

Adapted from: lecremedelacrumb.com

Prep time: 10 minutes

Cook time: 20 minutes

Total time: 30 minutes

Yield: 4 servings

Grilled pineapple, avocados, cilantro, and the BEST teriyaki vinaigrette turn this grilled teriyaki chicken salad into a hearty and tasty meal you'll put on repeat all summer long.



EQUIPMENT

- ☐ Measuring cups
- ☐ Meat tenderizer (or canned item)
- ☐ Knife
- ☐ Cutting board
- ☐ Large ziplock bag
- ☐ Mixing bowl
- ☐ Whisk
- ☐ Skillet
- ☐ Cooking tongs

INGREDIENTS

Salad:

- ½ cup teriyaki sauce (*Baste and Glaze is thicker and works better for marinade)
- 4 boneless skinless chicken breasts, pounded to even thickness
- 8 cups chopped romaine or green leaf lettuce
- ½ cup cherry tomatoes, halved
- ¼ red onion, thinly sliced
- 2 avocados, sliced

- 1 15-oz can pineapple rings with juice (see note, juice is divided between marinade and dressing)
- Cilantro, roughly chopped

Dressing:

- ½ cup teriyaki sauce (separate from sauce in marinade)
- 1/3 cup rice vinegar or apple cider vinegar
- 1/3 cup olive oil
- Pineapple juice (half of the amount from can with pineapple rings)

INSTRUCTIONS

1. Combine chicken, ½ cup teriyaki sauce, and half the pineapple juice into a large resealable bag. Press the extra air out of the bag, seal, and chill for 15 minutes.
2. In a medium bowl, combine dressing ingredients, whisk, then cover until ready to use.
3. Grease and preheat the grill (or skillet) with some olive oil. Place chicken on grill or skillet and discard marinade. Place pineapple rings on the grill/skillet. Grill pineapple until hot, tender and grill marks start to form. Grill chicken 6-10 minutes on each side until browned and cooked all the way through, reaching 165°F internal temperature and completely white inside.
4. Transfer to a cutting board and slice into strips or chop into 1" pieces.
5. Assemble salads with chopped lettuce on the bottom, then top with chicken, tomatoes, onions, avocado slices, grilled pineapple slices and cilantro. Serve with prepared dressing.

Optional: Change this salad up with rinsed, canned beans, cucumbers, shredded carrots, radishes, and walnuts. Top salad with sesame seeds.

Nutrition Information per serving:

Calories	550
Total Fat	32 g
Cholesterol	83 mg
Sodium	745 mg
Total Carbohydrates	38 g
Dietary Fiber	8 g
Sugar	25 g
Protein	29 g
Vitamin D	0%
Calcium	2%
Iron	5%
Potassium	1138 mg
Vitamin A	7%
Vitamin C	34%