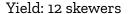


Module 4: Fad Diets

<u>Group 2:</u> Strawberry Caprese Salad Skewers with Balsamic Reduction

Adapted from: the suburbanso apbox.com

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





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

Ш	Small	sauc	epan
	Meas	urina	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

Ш	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

- 115-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%