

Spinach & Strawberry Salad

- 1/2- 1 lb of cleaned and de-veined Spinach
- 1 pint of strawberries (cleaned and sliced in half)
- 1/2 cup Sugar
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Balsamic Vinegar
- 1/4 tsp of Worcestershire Sauce
- 2 Teaspoon of Sesame seeds
- 1 Teaspoon of Poppy Seeds
- 1 Teaspoon of Minced dry onions

Arrange cleaned and de-veined spinach on a platter. Sprinkle sliced strawberries evenly over the spinach. Whisk all dressing ingredients together until sugar is dissolved and dressing has a syrup like consistency. Pour dressing over salad and toss lightly and serve.

Grilled Chicken Stuffed Popover Sandwiches

Chicken:

1 Lb of raw chicken tenders
Salt & Pepper
Olive oil
1/2 cup mayonnaise
2 Tbs brown mustard
1/3 cup chopped scallions
1/2 cup chopped cashews

Popovers

1 cup sifted flour
1 cup whole milk
2 large eggs
pinch of salt
1 Tbs of unsalted butter

Mix milk, eggs and melted butter together in a mixing bowl until both eggs are fully beaten. Add pinch of salt and mix. Add sifted flour slowly while stirring. Mix batter for about 1 minute or until all the flour is incorporated into liquid. Don't over mix. Batter should have small little lumps.

Grease Popover tins and fill cups 3/4 with batter. Bake at 425 degrees for 20 minutes and then reduce temp to 325 degrees and bake for an additional 15-20 minutes or until golden on top and sides. Remove from oven and let them sit for at least 10-15 minutes.

Grill chicken on indoor grill pan or outdoor gas grill until completely cooked through. When cooled-dice chicken and put it in a medium sized mixing bowl. Add chopped cashews to mixing bowl. In a separate small bowl, mix mayo, mustard and scallions together to make the dressing for the chicken. Pour dressing over chicken and nuts and mix until all chicken is covered with dressing.

Cut Popovers in half and stuff the grilled chicken salad into the Popover and serve.

Artichoke Rice Pilaf

- 1 Package of Rice Pilaf Mix
- 1 Lg Jar Marinated Mushrooms (chopped)
- 1/2 red pepper (diced)
- 1/3 cup black olives (chopped)
- 1/3 cup red onion (diced)
- 1/4 cup grated parmesan cheese

Make Rice Pilaf Mix according to the package directions. Add cooked rice to a mixing or serving bowl. Add all chopped and diced vegetables to cooked rice pilaf and mix well to incorporate all ingredients. Mix in Parmesan cheese and serve hot or cold.

Easy Fruit, Cream Cheese & Yogurt Desert

- 8 oz Whipped Cream Cheese
- 8 oz Strawberry Banana Yogurt
- $\frac{1}{4}$ - $\frac{1}{2}$ Teaspoon Ground Cinnamon

- 1 quart Fresh Sliced Strawberries
- 1 pint Fresh Raspberries
- 1 pint Fresh Blueberries

Mix cream cheese and yogurt together for 30 seconds using a fork until lump free. Add in the Ground Cinnamon and mix for another 30 seconds.

Pour mixture into a 10" glass pie plate. Spread a smooth layer on the bottom and move it up the sidewalls about $\frac{1}{2}$ inch. Spread Strawberries on bottom of pie plate. Spread Blueberries and Raspberries on top of strawberries.

Serve in pie plate using tablespoon to scoop servings from the outside edge inward to the center.

Alternative/additional fruits include fresh sliced bananas, peaches, apples, apricots, grapes, mangos, pears, and soaked golden raisins.