

Summer Salads and Snacks

Who wants to be inside cooking when the summer breeze is wafting through the window, beckoning you outside? Not this chef! Here are some fresh, quick recipes to get you out of the kitchen and picnicing in the park in no time!



Mediterranean Chicken Salad

- 1 lb. Chicken, cubed
- 6 oz. Feta Cheese
- 20 oz. block of Mozzarella, cubed
- Parmesan Asiago Balsamic Vinaigrette (or variation)
- 1 package of Cherry Tomatoes
- 1 Can of Black Olives
- 1 Can of Green Olives
- 1 Red Onion
- Spinach or lettuce

Cook chicken in frying pan. Add spices if desired and a tablespoon of the vinaigrette to give chicken extra flavor. While chicken cooks, chop mozzarella, tomatoes, olives, and onion. Combine all ingredients in large serving bowl and coat with vinaigrette to taste or serve as side. Chill for 1 hour.

Makes appx. 8 servings. Saves well in fridge as leftovers if made with spinach.

Feel free to substitute various ingredients according to taste or diet.



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