

# What's Cookin': Warm Chicken Salad with Balsamic Strawberries

Here's a delicious summer recipe. Enjoy. Have fun and keep cooking!  
 —Email your questions and comments to Lori and Gerry at [whatscookin@independentfreepress.com](mailto:whatscookin@independentfreepress.com)

**Lori Gysel & Gerry Kentner**



Serves 2

## Strawberry Balsamic Dressing

### Ingredients

- 10 strawberries – halved
- ¼ cup balsamic vinegar
- ¼ cup olive oil
- 1 tbsp. fresh lemon juice
- pinch of salt



### Method

Purée all ingredients in a food processor. Warm to drizzle over salad.

## Balsamic Strawberries

### Ingredients

- 1 cup sliced strawberries
- 1 tbsp aged balsamic vinegar
- 1 tbsp white sugar

### Method

Rinse strawberries and pat dry. Slice. Sprinkle berries with sugar and vinegar; stir gently and marinate for 10 minutes.

## Chicken Salad

### Ingredients

- two 4 oz. or one 8 oz. boneless, skin-

less chicken breast

- ½ cup panko bread crumbs
- ½ cup crushed natural almonds
- 2/3 cup buttermilk
- 2 tbsp olive oil
- 4 cups spring greens or lettuces of choice
- coarse salt and fresh ground pepper

### Method

Preheat oven to 400 degrees F. Rinse chicken and pat dry. Let chicken soak in buttermilk 10 minutes.

Mix crumbs and almonds together. Remove chicken from milk. Coat chicken with crumb/nut mixture on both sides and pat gently.

Heat oil in skillet on medium-high and add chicken breasts. Brown on both sides 3-5 min. per side. Remove from pan and put into preheated oven for 10-12 min.

Remove from oven and assemble salad. Warm the salad dressing. Place greens in centre of each plate. Drizzle warm dressing over greens. Slice each chicken breast into 5-6 slices and place on greens. Place strawberries around lettuce on plate.

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