

BERRY-LICIOUS RECIPES



BERRY BENEFICIAL

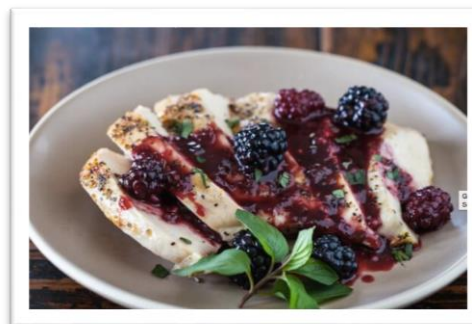
Grilled Chicken with Blackberry Sweet and Sour Sauce Recipe

Serves 4

- 4 chicken breasts
- 1 tablespoon cooking oil
- salt and pepper
- ¼ cup blackberry jam
- 2 tablespoons apple juice
- 2 tablespoons rice vinegar
- 1 teaspoon grated fresh ginger
- 1 teaspoon soy sauce
- ½ teaspoon kosher or sea salt
- ¾ cup of fresh blackberries
- 1 teaspoon fresh mint, minced

Preheat grill to high heat. Brush each side of the chicken breast with the cooking oil and season with salt and pepper. Grill each side for 3 minutes and then turn the heat to medium low, and cook for another 5 minutes or until it's cooked through.

In a saucepan, add all other ingredients and stir. Smash half of the berries with a fork to release the juices. Let the mixture cook for 2 minutes while stirring constantly. Pour over grilled chicken.



Source: www.steamykitchen.com

Triple Berry Kale Salad & Fresh Strawberry Vinaigrette

Serves 4

Salad

- 1 head of curly kale, leaves removed from stem and torn
- 1 cup fresh tart cherries, pitted and sliced
- 1 cup fresh blueberries
- 1 cup fresh blackberries
- 1 cup sliced fresh strawberries
- 1 avocado, chopped
- 2/3 cup chopped toasted almonds
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Dressing

- 3/4 cup sliced fresh strawberries
- 3 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon honey
- 1 pinch salt
- 1 pinch pepper
- 1 pinch cinnamon



To make the dressing, combine all the ingredients in a blender until smooth. Place kale in large bowl and add ¼ of the vinaigrette. Massage and rub dressing into kale with your hands and let the kale sit for 5-10 minutes. Add in salt, pepper, cherries, berries, and avocado, and then a few more tablespoons of dressing and toss. Top with chopped almonds.

Source: www.howsweeteats.com