

CHICKEN STRAWBERRY SPINACH SALAD



May 20

National Pick Strawberries Day




INGREDIENTS

- 1 Pound Boneless Skinless Chicken Breasts (cut into strips)
- ¼ Cup Chicken Broth
- ¼ Cup Poppy Seed Salad Dressing
- 3 Cups Fresh Baby Spinach
- 1 Cup Sliced Fresh Strawberries

DIRECTIONS

1. Preheat a skillet over medium heat.
2. Place chicken, broth and 1 tablespoon of salad dressing in skillet and cook until chicken is no longer pink, 10-12 minutes.
3. Assemble salads using portion guide.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable
-  Fruit

MEAL TYPE

 Lunch/Supper

YIELD

6 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup Salad 1 Ounce Chicken 2 Tablespoons Strawberries	½ Cup Salad 1½ Ounces Chicken ¼ Cup Strawberries	1 Cup Salad 2 Ounces Chicken ¼ Cup Strawberries	1 Cup Salad 2 Ounces Chicken ½ Cup Strawberries