



EPISODE 1: SUMMER SALADS

Grilled Chicken Pecan Salad

1 lb chicken breast	½ C chopped pecans
1 C lite mayo	½ red bell pepper
½ C green onions	1 tsp lemon juice
1/8 tsp paprika	Salt & pepper

Lightly season the chicken breasts with salt, pepper and paprika. Grill until cooked through. Dice the grilled chicken into pieces about ½ inch square and place diced chicken in a mixing bowl. Dice the red bell pepper and add to the bowl. Chop green onions into small pieces and place in bowl with chicken and peppers. Add lemon juice, lite mayo, and chopped pecans. Stir to mix all of the ingredients together. Serve room temperature or chilled.

Spinach Salad with Strawberry Vinaigrette

4 C fresh spinach	2 C strawberries
½ C gorgonzola cheese	2 pkts sugar substitute (e.g., Splenda®)
½ red onion	2 tbsp salad oil
½ C walnuts	Juice from one lemon
1 red bell pepper	Salt & pepper to taste

To make the vinaigrette, combine strawberries, canola oil, Splenda®, salt, pepper, and lemon juice into mixing bowl. Wisk together briskly. Let sit 3-4 minutes. Place spinach into bowl of vinaigrette and toss. Serve into individual bowls. Slice red onion into rings and cut red bell pepper into julienne strips. Garnish each salad with red onion rings, red bell pepper strips, walnuts and gorgonzola cheese on top.

Watermelon Salad

4 C watermelon	2 sprigs fresh mint
½ C green onions	2 tbsp salad oil
2 kiwis	2 tbsp raspberry vinegar
1 C strawberries	

Dice watermelon into 2-inch-square chunks and place in large mixing bowl. Add in diced green onions and several fresh mint leaves, finely chopped. Add kiwis and strawberries sliced into bite-size pieces. Pour 2 tbsp canola oil and 2 tbsp raspberry vinegar into mixing bowl. Add a pinch of salt and mix all ingredients together with a large spoon. Serve room temperature or chilled.