

# Spicy Grilled Chicken with Strawberry and Cucumber Salad

adapted from [chatelaine.com](http://chatelaine.com)

## INGREDIENTS

- 4 skinless, boneless chicken breasts
- 1/4 cup lemon juice, divided
- 1 tbsp sriracha, or other chili sauce
- 4 tsp honey
- 3 tbsp olive oil, divided
- 1 tsp lemon zest
- 3/4 tsp salt, divided
- 2 tbsp white balsamic vinegar
- 2 cups **strawberries**, chopped  
(about half the quart in your pack)

### 1 English cucumber

- 1/4 cup  
coarsely chopped  
fresh **mint** leaves



wash all veggies well

## DIRECTIONS

- PLACE chicken breasts on a cutting board. Lay a piece of plastic wrap over chicken. Using a rolling pin or mallet, pound until chicken is 1/2 in. thick. Whisk 3 tbsp lemon juice with sriracha, honey, 1 tbsp oil, lemon zest and 1/2 tsp salt in a small bowl. Reserve 1/4 cup of marinade. Pour remaining marinade into a large zip-lock bag. Add chicken to bag. Seal bag, letting all the air out. Massage chicken until coated. Let stand for 20 min.
- Dressing: WHISK vinegar with remaining 1 tbsp lemon juice, 2 tbsp oil and 1/4 tsp salt in a large bowl. Season with fresh pepper. Set aside. Hull and coarsely chop strawberries. Slice cucumbers lengthwise into quarters, then 1/2-in. pieces.
- PREHEAT barbecue to medium. Oil grill. Barbecue chicken, lid closed, until springy when pressed, 4 to 5 min per side. Brush chicken with reserved marinade during last 2 min of grilling. Stir strawberries, cucumber and mint into dressing. Serve chicken with salad.

No BBQ? No problem!  
Follow recipe prep & oven  
bake in an oiled dish at 450°  
for 20 min. until centre is not  
pink & juices run clear.

Vegetarian? Replace the  
chicken with extra firm tofu.

## SCRUMPTIOUS STRAWBERRIES & MORE

Did you know that one strawberry contains about 200 seeds?! Not only do those seeds help propagation they contain soluble fibre which helps us feel fuller for longer!

Strawberries are very high in a compound of nutrients called Anthocyanins which are responsible for berries' bright colours and have special cancer fighting properties. No wonder the ancient Romans thought strawberries had medicinal powers!



You may notice a few bonus goodies in your bag this month...we just couldn't resist what spring has to offer!

The **zucchini** is an early greenhouse variety. While you have your BBQ going, halve your zucchini lengthwise. Brush with olive oil, salt and pepper, grill for 2-3 min a side and add it to your meal as a side dish. Or just chop and add it to the salad.

Your **red onion** and **garlic scapes** can be added to your strawberry/cucumber mix for a little extra spice, if you like.

Use your leftover **strawberries** with **garlic scapes** for a sweet/savoury salsa or combine them with the **spring rhubarb** in a crumble for dessert!

Find recipes here:

[hffa.ca/farmentoschool/local-food-club-recipes/](http://hffa.ca/farmentoschool/local-food-club-recipes/)





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We at HFFA wait patiently for strawberry season all winter! The arrival of Ontario strawberries means that Canadian summer has truly arrived. We are excited to offer Maple Grove Farm **strawberries** in your pack this month. This Mulmur-based family farm is your spot if you're looking to go strawberry picking with the kids. They are located on 5 Sideroad in Mulmur, just west of Airport Road. The hearty loaf of **bread** is from Amanda's Country Bakery. Please enjoy it with your meal. Your **greens** are a special mix of spring leaves and, along with the **mint**, come from Fiddle Foot Farm in Mulmur. The **cucumber, zucchini, red onion** and bonus **garlic scapes** (another spring favourite) come from Elmira via Foodland in Shelburne. The bonus **rhubarb** is from Reid's Potatoes and Farm Market in Mono.

This is the last bag for this school year. We hope you have enjoyed being a member of Local Food Club (LFC), and we thank you for your support. We will be offering LFC again in September, so keep your eyes open for information from your school. You may also find HFFA at farmers' markets over the summer and at fall fairs, so please stop by and say hello.

Have a great summer of eating local!

## Nutrition Report

**A+**

**Fibre**

Strawberries and the greens in your pack are a very good source of fibre. Fibre is like a "toothbrush for your intestines" - it keeps us regular and feeling full.

**A**

**Vitamin C**

Strawberries are very high in this vitamin which is important for a healthy immune system.

## this month's food is from...

**Fiddle Foot Farm**

[fiddlefootfarm.com](http://fiddlefootfarm.com)

**Foodland Shelburne**

[foodland.ca](http://foodland.ca)

**Reid's Potatoes and**

**Farm Market**

[reidspotatoes.com](http://reidspotatoes.com)

**Maple Grove Farm**

[maplegrovefarm.ca](http://maplegrovefarm.ca)

**Amanda's Country Bakery**

[amandascountrybakery.ca](http://amandascountrybakery.ca)

## school's out for summer...

...but don't let that stop you from eating local! Use the Find Local Food interactive map on [hffa.ca](http://hffa.ca) or keep an eye out for the new print version: Headwaters Farm Fresh Local Food Map. Find farmers' markets, farm gate, on farm stores, you-pick farms, CSAs and more. Challenge your family to visit every farmers' market - Mulmur, Shelburne, Orangeville, Erin, Inglewood, Southfields and Bolton. Keep in touch Facebook and Twitter: @HeadwatersFood

Please tell us what you think of LFC, and what it means to you: [hffa.ca/farmtoschool/local-food-club-survey/](http://hffa.ca/farmtoschool/local-food-club-survey/)

The Local Food Club is a project of Headwaters Food & Farming Alliance, in partnership with Headwaters Communities in Action with support from the Ontario Trillium Foundation.

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[hffa.ca/farmtoschool](http://hffa.ca/farmtoschool)



@HeadwatersFood



for food. for farming.  
for our future.