

# Sensational Spring Menu

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For more information contact your county Utah State University Extension Office.

## Lemon Pepper Chicken

Servings: 6

12 teaspoons butter  
6 tablespoon ground black pepper, divided  
6 skinless, boneless chicken breast half  
6 tablespoon fresh lemon juice

Dip each chicken breast in lemon juice. Then season each side of the chicken breast with 1/2 tablespoon of pepper. Melt butter or margarine in a skillet.

Saute chicken breasts for about 5 to 7 minutes, then flip and cook the other side until juices run clear.

Serve with brown rice and you will have a fresh, colorful, and seasonal dinner.

## Strawberry Spinach Salad

Servings: 6

3 cups spinach leaves  
3 cups salad assorted salad greens (such as Romaine lettuce) torn to bite size pieces  
1 cup sliced strawberries  
1 medium red onion, thinly sliced

Dressing:

1/4 cup orange juice  
2 Tbsp honey  
1 tsp Dijon-style mustard  
1/2 tsp poppy seeds  
Salt & pepper to taste  
2 Tbsp canola oil

Toss together the spinach leaves, salad greens, strawberries, and onion in a large bowl. Mix together the orange juice, honey, mustard, poppy seeds, salt & pepper, and oil in a small bowl until well blended. Toss the dressing with the salad.