

RASPBERRY BALSAMIC VINEGAR

VERY BERRY FRUIT SALAD

DESSERT

Ingredients:

1 pint Strawberries, hulled and cut in half
1 pint Blueberries
1 pint Raspberries
1 tbsp. Twisted Trunk Raspberry or Strawberry Balsamic Vinegar
1-2 tbsp. Sugar
Fresh Mint, for garnish

Instructions:

Place 6 glasses in the refrigerator
In a large bowl, combine the berries, vinegar and sugar
Stir gently
Cover securely with plastic wrap and refrigerate for 30 minutes to 1 hour
Spoon the berries into the chilled glasses
Garnish with a sprig of fresh mint

RASPBERRY BALSAMIC CHICKEN

MAIN

Ingredients:

1 tbsp. Twisted Trunk Extra Virgin Olive Oil (your choice)
1/2 cup Onion, finely chopped
1/2 tsp Dried Thyme
1/2 tsp Salt, divided
4 Boneless, Skinless Chicken Breast, halves
1/3 cup Seedless Raspberry Preserves
2 tbsp. Twisted Trunk Raspberry Balsamic Vinegar
1/4 tsp Ground Black Pepper

Instructions:

In large skillet, heat oil over medium-high heat. Add onion and sauté 5 minutes, stirring. Sprinkle chicken breasts with thyme and ¼ teaspoon of salt.
Add chicken to skillet and sauté 6 minutes on each side or until chicken is cooked through. Remove chicken from skillet and keep warm. Reduce heat to medium-low.
Add the preserves, vinegar, pepper, and the rest of the salt to the skillet.
Cook, stirring, until smooth and heated through
Spoon over chicken

SALAD W/RASP VINAIGRETTE

SALAD

Ingredients:

3 tbsp. Twisted Trunk Raspberry Balsamic Vinegar
1 tsp Lemon Juice
2 tbsp. Twisted Trunk Roasted Almond Olive Oil
1 tsp Dijon Style Mustard
1/2 tsp Salt
Fresh Ground Black Pepper to taste
1/3 cup Slivered Toasted Almonds
1/3 cup Crumbled Feta or Cherve Cheese
2 quarts of your favorite lettuce greens

Instructions:

Place all the ingredients in to a bowl and whisk. Alternately, this can be made in a blender or food processor.
Arrange lettuce in a bowl, drizzle with vinaigrette, sprinkle with almonds and cheese.