

# Balsamic Strawberry Crostini

## INGREDIENTS

- 3 tablespoons brown sugar
- 2 tablespoons balsamic vinegar
- 1 pint strawberries, hulled and sliced
- 5 tablespoons finely sliced basil, divided
- 1 large baguette
- 2 tablespoons olive oil or melted butter
- coarse salt, to taste
- 8 ounces goat cheese, room temperature
- honey for serving, optional

## DIRECTIONS

1. Preheat oven to 400-degrees. Line a large baking sheet with foil and parchment.
2. In a medium bowl, add sugar and balsamic vinegar and stir until combined. Add sliced strawberries and 3 tablespoons of basil. Gently stir to coat and let sit for 15-20 minutes.
3. Cut the baguette into 1/3-inch thick slices, slice diagonally.
4. Place bread on a large baking sheet in one layer - brush both sides with olive oil and sprinkle with coarse salt.
5. Bake bread for 10-12 minutes until toasted. Allow to cool for a few minutes before assembling.
6. Assemble crostini: spread a thin layer of goat cheese on each slice and top with a spoonful of marinated strawberries. Drizzle with leftover balsamic glaze and/or honey and sprinkle with remaining basil.



# Strawberry Stuffed Broiled Avocado

## INGREDIENTS

- 2 tablespoons olive oil
- 2 tablespoon white balsamic vinegar
- 1 lime, juiced
- 1/4 teaspoon salt
- 1 teaspoon sugar, optional
- 1 pint strawberries, hulled and chopped
- 3 green onions, green and white sections divided, finely sliced
- 8 ounces mini mozzarella balls
- 2 tablespoons avocado oil
- 4-6 mini avocados, sliced in half, pitted, with peel on
- 1 tablespoon fresh herbs like basil or mint, chopped
- 1/2 cup pine nuts, toasted

## DIRECTIONS

1. In a small bowl, whisk together 2 tablespoons olive oil, white balsamic vinegar, lime juice, and salt. Taste mixture and add sugar, if needed.
2. In a medium bowl, combine sliced strawberries, sliced green onions (white section) and mini mozzarella balls. Toss with prepared dressing to thoroughly coat.
3. Preheat broiler and prepare baking sheet with foil.
4. Brush 1-s tablespoons of oil on the tops of the cut avocados and broil for 3-4 minutes until a few brown spots form - don't blacken the avocados. You can also place avocados on a heated grill pan, cut side down, for 4-5 minutes.
5. Serve strawberry mixture in the broiled avocado halves. Top with fresh herbs, sliced green onions (green section), and toasted pine nuts.



# Fish with Strawberry Salsa

## INGREDIENTS

- 1 pint of fresh strawberries, diced
- 1/2 cup red onion, finely diced
- 1 jalapeno, seeded and finely diced
- 1/4 cup cilantro, finely chopped
- 1 lime, juiced
- 1/4 teaspoon salt, to taste
- 1/8 teaspoon pepper, to taste
  
- 3 tablespoons flour
- salt and pepper to taste
- 4 2-ounce fish fillets like cod, tilapia, or halibut
- 2 tablespoons oil or butter

## DIRECTIONS

1. Combine salsa ingredients in a medium bowl: strawberries, red onion, jalapeno, cilantro, lime juice, salt, and pepper. Stir to combine and let rest for 15-20 minutes.
2. On a plate, stir together flour, salt, and pepper.
3. Pat fish dry and lightly dredge both sides with flour mixture, shaking off excess.
4. Heat a large skillet over medium-high heat. When the pan is HOT, add 2 tablespoons of oil to coat the pan, and quickly add the fish.
5. Cook for 2-4 minutes, depending on thickness of the fish. Carefully test to see if the fish has release from the pan before flipping -- if it is still stuck, wait another 30-60 seconds.
6. Flip the fish, tilting the pan to ensure oil still coats the bottom of the pan, and cook for another 2-4 minute until cooked though.
7. Gently transfer fish to serving plate and top with strawberry salsa.



# Strawberry Zing Chicken Wings

## INGREDIENTS

- 3 pounds chicken wings, tips removed and separated
- 1 tablespoon baking powder
- salt and pepper to taste
  
- 1 pint of strawberries, finely chopped
- 3 tablespoons rice vinegar
- 3 tablespoons fish sauce
- 1/4 cup water
- 1/2 cup sugar
- 1-2 teaspoons red pepper flakes, to taste
- 1 teaspoon ginger, minced
- 2 cloves garlic, minced or pressed
- 2 teaspoons cornstarch
- 3 tablespoons beet juice, for coloring, or water
- Suggested: add red food coloring to the water if not using beet juice

## DIRECTIONS

1. Preheat oven to 450-degrees. Prepare a large baking sheet: cover with foil and place an oven-safe cooling rack on the baking sheet. Spray rack with nonstick cooking spray.
2. Dry chicken wings thoroughly with paper towels. Toss wings with baking powder, salt and pepper until all pieces are coated.
3. Lay wings on prepared baking sheet, leaving space between each wing.
4. Turn the heat down to 425-degrees and bake for 30-40 minutes until browned and crisp. Let rest for at least 5 minutes before adding sauce.
5. Prepare the sauce by placing remaining ingredients EXCEPT the cornstarch and beet juice into a medium saucepan.
6. Bring to a boil and reduce heat to a steady simmer, stirring frequently. Cook until strawberries begin to break down, about 10 minutes.
7. Use an immersion blender or transfer to a heat-safe blender and blend the sauce until smooth.
8. In a small bowl, whisk together cornstarch and beet juice to make a slurry.
9. Return sauce to the saucepan, add the cornstarch slurry and cook for 2 minutes over medium-high heat, until sauce thickens. Avoid overcooking to preserve the red color.
10. Add enough sauce to the chicken to thoroughly coat each wing and serve. Leftover sauce can be stored in the fridge for up to 1 week.



# Strawberry Rhubarb Fool

## INGREDIENTS

- 1/2 pound rhubarb
- 1 pint fresh strawberries, hulled and chopped into 1/2 pieces
- 1/4 cup orange juice
- 8 tablespoons sugar, divided
- 1/8 teaspoon salt
- 1 cup heavy whipping cream
- 1/4 cup sour cream
- 1/2 teaspoon vanilla
- 4 graham crackers, crushed

## DIRECTIONS

1. Soak rhubarb in cold water for about 20 minutes. Pat dry with paper towels and chop into 1/2-inch pieces.
2. In a medium saucepan, bring orange juice, 6 tablespoons sugar, and salt to a boil over medium-high heat.
3. Add rhubarb and strawberries to the saucepan and return to a soft boil. Cook for about 7-10 minutes until rhubarb is tender, stirring just a few times -- do not over stir.
4. Transfer mixture to a shallow bowl to cool - once at room temp, cover and place in the refrigerator to cool thoroughly, at least one hour.
5. In the bowl of a stand mixer, add heavy whipping cream, sour cream, vanilla, and remaining 2 tablespoons of sugar.
6. Beat on low speed until bubbles begin to form.
7. Increase speed to medium and beat until beaters begin to leave paths in the mixture.
8. Increase speed to high speed and beat until mixture nearly doubles in volume and holds stiff peaks. Do NOT over beat mixture.
9. Prepare two 8-ounce glasses by spooning in 1/4 of the rhubarb-strawberry mixture into each glass and topping with 1/4 of the prepared cream. Repeat. Top with a little extra cream and crushed graham crackers.

