



County Fair



AUGUST 2018

THE FRESH TAKE

OUR MONTHLY NEWSLETTER

Open Mon-Fri 8a-9p, Sat & Sun 8a-8p

www.countyfairfoods.net



THANK YOU!

Thank you to Heinz mustard for donating \$5,000 to SmileTrain in honor of the "Mustard Man" and his grandson Teddy King.



Fast Facts about WATERMELON!

- 1 Watermelon juice may relieve sore muscles – YAY!
- 2 Watermelon is a fruit AND a vegetable – WOW!
- 3 You can eat watermelon rind and seeds – YUM!

County Fair Fest is August 25!



We love our **COUNTY FAIR FEST** because it gives us a chance to give back to the neighborhood and have a little down-on-the-farm fun! Join us Saturday, August 25 from 11 am to 3 pm for a Free Petting Zoo and Pony Rides! *The Baffes Family*



FROM OUR COUNTY FAIR KITCHEN

Summer Strawberry Salad with Chicken

- 1/4 cup extra virgin olive oil
- 1 Tbsp. balsamic vinegar
- 1 tsp. sugar
- 1 Tbsp. roughly chopped fresh tarragon
- 1/4 tsp. kosher salt
- 1/4 tsp freshly ground black pepper
- 2 boneless, skinless chicken breasts

- 6 cups loosely packed fresh spinach
- 6-8 large strawberries, quartered
- 1 peeled avocado cut into chunks
- 3-4 thinly sliced rings of red onion
- 1/4 cup feta cheese
- 2 Tbsp. sliced almonds

INSTRUCTIONS

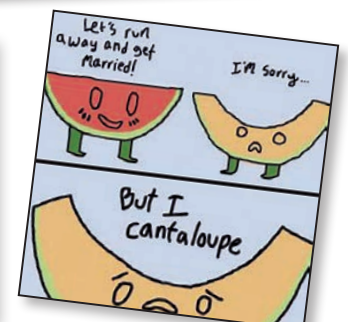
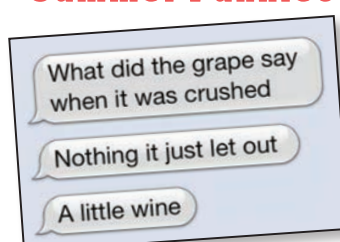
Whisk the extra virgin olive oil with the balsamic vinegar, sugar, tarragon, kosher salt and freshly ground black pepper in a small bowl until blended.

Place the chicken breasts in a shallow bowl and cover with half of the dressing, cover and refrigerate for 30 minutes.

Spray a grill frying pan with cooking spray and heat to medium high. Place the chicken breasts on the hot grill pan. Cook for 3 minutes, then flip. Cook for another 3 minutes, and turn. Reduce the cooking temperature to medium low and cook the chicken for 20-25 minutes more, cool and slice. Arrange the spinach, strawberries and red onion in a bowl. Lightly toss with the remaining dressing. Add the avocado and sliced chicken, top with feta and almond slices. Serve immediately and enjoy!



Summer Funnies



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