



RIBBONED MELON & CHICKEN SALAD

SERVES: 4



INGREDIENTS

SALAD

- 10 oz (300 g) chicken tenders
- ½ tbsp (7 mL) canola oil
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) black pepper
- 1 pkg (5 oz) fresh baby spinach leaves (about 5 cups/1.25 L), washed and dried
- ½ small cantaloupe (1½–2 lbs/700 g–1 kg), seeded
- 12 oz (350 g) fresh strawberries
- ¾ cup (175 mL) fresh blueberries
- 1 seedless cucumber

DRESSING

- 3 tbsp (45 mL) sugar
- 2 tbsp (30 mL) canola oil
- 2 tbsp (30 mL) apple cider vinegar
- 1 tbsp (15 mL) water
- ¾ tsp (4 mL) poppy seeds
- ½ tsp (2 mL) dry mustard
- ⅛ tsp (0.5 mL) salt

1. Heat the **Grill Pan** and **Grill Press** over medium heat for 3–5 minutes. In a **Small Batter Bowl**, toss the chicken with ½ tbsp (7 mL) of canola oil, ½ tsp (2 mL) of salt, and ¼ tsp (1 mL) of black pepper using the **Small Mix ‘N Scraper**®. Place the chicken in the **pan** and cover with the **press**. Cook for 3–4 minutes per side, or until the internal temperature reaches 165°F (74°C).
2. Use the **Small Chef’s Tongs** to remove the chicken from the pan. When the chicken has cooled slightly, slice the tenders into thin strips using a **Utility Knife** and **Medium Cutting Board with Wells**. Take the sliced chicken to **Station #3**.
3. For the dressing, combine 3 tbsp (45 mL) of sugar, 2 tbsp (30 mL) of apple cider vinegar, 2 tbsp (30 mL) of canola oil, 1 tbsp (15 mL) of water, ¾ tsp (4 mL) of poppy seeds, ½ tsp (2 mL) of dry mustard, and ⅛ tsp (0.5 mL) of salt in the **Measure, Mix & Pour**®; mix until blended.
4. Use the **Core & More** to remove the stems from 12 oz (350 g) of strawberries. Slice the berries with the **Egg Slicer Plus**® and place them in a **2-cup (500-mL) Prep Bowl**. Take the dressing and sliced berries to **Station #3**.
5. Leaving the rind on, place ½ small cantaloupe flesh-side down onto a **Cutting Board**; use a **Santoku Knife** to slice it into 8 wedges. Holding the wedges by the rind, carefully shave the fruit into ribbons with the **Serrated Peeler** (see **cook’s tip**) to measure about 1½–2 cups (375–500 mL).
6. Arrange 5 cups (1.25 L) of fresh baby spinach leaves on the **Large Entertaining Platter**. Top the spinach with the melon ribbons, sliced strawberries, and ¾ cup (175 mL) of blueberries.
7. Cut 1 seedless cucumber crosswise into 3" (7.5-cm) pieces. Use the **Spiral & Slice** to spiral-cut the cucumber over the top of the salad. Snip the longer ribbons with the **Professional Shears**. Top with the chicken and drizzle with the dressing. Serve immediately with the **Large Chef’s Tongs**.

COOK’S TIP: Use gentle pressure to shave the melon wedge from end to end. The edges of the **Serrated Peeler** glide through the melon to make beautiful ribbons!

U.S. Nutrients per serving: Calories 270, Total Fat 9 g, Saturated Fat 0.5 g, Cholesterol 40 mg, Sodium 460 mg, Carbohydrate 33 g, Fiber 6 g, Protein 20 g



HOST SHOPPING LIST & PRODUCT PACKING CHECKLIST

DURING THE SECOND CONTACT WITH THE HOST

Share the shopping list for recipe ingredients with your host. You can post the shopping list when you set up the cooking party on Consultant’s Corner. Your host can find it using their Host Tools, or just copy the list below and paste it into an email.

- | | | |
|--|--|------------------------------------|
| 1 seedless cucumber | 1 pkg (5 oz) fresh baby spinach leaves (about 5 cups/1.25 L) | Salt and pepper |
| ¾ cup (175 mL) fresh blueberries | 10 oz (300 g) chicken tenders | 3 tbsp (45 mL) sugar |
| 12 oz (350 g) fresh strawberries | Canola oil | 2 tbsp (30 mL) apple cider vinegar |
| ½ small cantaloupe (1½–2 lbs/700 g–1 kg) | | ¾ tsp (4 mL) poppy seeds |
| | | ½ tsp (2 mL) dry mustard |

PACK UP YOUR PRODUCTS

Use this product checklist to pack your tote.

- | | | |
|--|--|--|
| <input type="checkbox"/> Grill Pan and Grill Press | <input type="checkbox"/> Salt & Pepper Grinder Set | <input type="checkbox"/> Professional Shears |
| <input type="checkbox"/> 1-cup (250-mL) Prep Bowl | <input type="checkbox"/> Large Chef’s Tongs | <input type="checkbox"/> Salad & Berry Spinner |
| <input type="checkbox"/> 2-cup (500-mL) Prep Bowl | <input type="checkbox"/> Large Entertaining Platter | <input type="checkbox"/> Santoku Knife |
| <input type="checkbox"/> Adjustable Measuring Spoon (tsp size) | <input type="checkbox"/> Measure, Mix & Pour® | <input type="checkbox"/> Serrated Peeler |
| <input type="checkbox"/> Core & More | <input type="checkbox"/> Measuring Spoon Set (¼-tsp/1-mL, ½-tbsp/7-mL, and 1-tbsp/15-mL sizes) | <input type="checkbox"/> Small Batter Bowl |
| <input type="checkbox"/> Cutting Board | <input type="checkbox"/> Medium Cutting Board with Wells | <input type="checkbox"/> Small Chef’s Tongs |
| <input type="checkbox"/> Easy-Read Measuring Cup (1-cup/250-mL size) | <input type="checkbox"/> Mini Measure-All® Cup | <input type="checkbox"/> Small Mix ‘N Scraper® |
| <input type="checkbox"/> Egg Slicer Plus® | <input type="checkbox"/> Pocket Thermometer | <input type="checkbox"/> Spiral & Slice |
| <input type="checkbox"/> Flexible Cutting Mat | | <input type="checkbox"/> Utility Knife |



ADDITIONAL TOTE PACKING LIST ITEMS

- Any additional products you want to show off
- Station Cards for each recipe station
- Apron
- Laptop, smartphone, or tablet
- At least two Party Planning Folders (host packets)
- Catalogs and guest order forms
- Guest special flyer
- Drawing Slips—if you plan on doing a drawing
- Pens
- Life Tastes Great* brochures

EXPERT TIP: Include your name and contact information on all catalogs and handouts.



ARRIVE EARLY, SET UP & CONNECT WITH YOUR HOST

ARRIVE ABOUT 30 MINUTES BEFORE THE PARTY

1. Greet the host and check out where you can do recipe prep.
2. Do a quick recipe ingredient inventory. If something is missing, there's still time for the host to call a guest and ask them to bring it.
3. Unpack your tote and set up products and ingredients at the stations.
4. Confirm Wi-Fi access and password for order-taking.

STATION #1:

grill and slice chicken

Recipe Ingredients:

- 10 oz (300 g) chicken tenders
- ½ tbsp (7 mL) canola oil
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) black pepper

Tools Needed:

- Grill Pan & Press
- 1-cup (250-mL) Prep Bowl
- Grinder Set
- Measuring Spoon Set (¼-tsp/1-mL and ½-tbsp/7-mL sizes)
- Medium Cutting Board with Wells
- Pocket Thermometer
- Small Batter Bowl
- Small Chef's Tongs
- Small Mix 'N Scraper®
- Utility Knife

STATION #2:

make salad dressing & slice berries

Recipe Ingredients:

- 3 tbsp (45 mL) sugar
- 2 tbsp (30 mL) canola oil
- 2 tbsp (30 mL) apple cider vinegar
- 1 tbsp (15 mL) water
- ¾ tsp (4 mL) poppy seeds
- ½ tsp (2 mL) dry mustard
- ⅛ tsp (0.5 mL) salt
- 12 oz (350 g) fresh strawberries
- ¾ cup (175 mL) fresh blueberries

Tools Needed:

- 2-cup (500-mL) Prep Bowl
- Adjustable Measuring Spoon (⅛–1 tsp/0.5–5 mL size)
- Core & More
- Egg Slicer Plus®
- Flexible Cutting Mat
- Measure, Mix & Pour®
- Measuring Spoon Set (1-tbsp/15-mL size)
- Mini Measure-All® Cup

STATION #3:

prep fruit & veggies and assemble salad

Recipe Ingredients:

- 1 pkg (5 oz) fresh baby spinach leaves (about 5 cups/1.25 L), washed and dried
- ½ small cantaloupe (1½–2 lbs/700 g–1 kg), seeded
- 1 seedless cucumber

Tools Needed:

- Cutting Board
- Easy-Read Measuring Cup (1-cup/250-mL size)
- Large Chef's Tongs
- Large Entertaining Platter
- Professional Shears
- Salad & Berry Spinner
- Santoku Knife
- Serrated Peeler
- Spiral & Slice



STATION #1: *grill & slice chicken*

Season and grill the chicken tenders:

1. Heat the **Grill Pan** and **Grill Press** over medium heat for 3–5 minutes. In a **Small Batter Bowl**, toss the chicken with $\frac{1}{2}$ tbsp (7 mL) of canola oil, $\frac{1}{2}$ tsp (2 mL) of salt, and $\frac{1}{4}$ tsp (1 mL) of black pepper using the **Small Mix 'N Scraper**[®]. Place the chicken in the pan and cover with the press. Cook for 3–4 minutes per side, or until the internal temperature reaches 165°F (74°C).

Cool the chicken slightly then slice into strips:

2. Use the **Small Chef's Tongs** to remove the chicken from the pan. When the chicken has cooled slightly, slice the tenders into thin strips using a **Utility Knife** and **Medium Cutting Board with Wells**. Take the sliced chicken to **Station #3**.



STATION #2: *make salad dressing & slice berries*

Make the poppy seed salad dressing:

1. For the dressing, combine 3 tbsp (45 mL) of sugar, 2 tbsp (30 mL) of apple cider vinegar, 2 tbsp (30 mL) of canola oil, 1 tbsp (15 mL) of water, $\frac{3}{4}$ tsp (4 mL) of poppy seeds, $\frac{1}{2}$ tsp (2 mL) of dry mustard, and $\frac{1}{8}$ tsp (0.5 mL) of salt in the **Measure, Mix & Pour**[®]; mix until blended.

Remove strawberry stems and slice berries:

2. Use the **Core & More** to remove the stems from 12 oz (350 g) of strawberries. Slice the berries with the **Egg Slicer Plus**[®] and place them in a **2-cup (500-mL) Prep Bowl**. Take the dressing and sliced berries to **Station #3**.



STATION #3: *prep fruit & veggies and assemble salad*

Create melon ribbons:

1. Leaving the rind on, place half of a small cantaloupe flesh-side down onto a **Cutting Board**; use a **Santoku Knife** to slice it into 8 wedges. Holding the wedges by the rind, carefully shave the fruit into ribbons with the **Serrated Peeler** (see cook's tip) to measure about 1½–2 cups (375–500 mL).

Assemble salad ingredients, dress and serve:

2. Arrange 5 cups (1.25 L) of fresh baby spinach leaves on the **Large Entertaining Platter**. Top the spinach with the melon ribbons, sliced strawberries, and ¾ cup (175 mL) of blueberries.
3. Cut 1 seedless cucumber crosswise into 3" (7.5-cm) pieces. Use the **Spiral & Slice** to spiral-cut the cucumber over the top of the salad. Snip the longer ribbons with the **Professional Shears**. Top with the chicken and drizzle with the dressing. Serve immediately with the **Large Chef's Tongs**.

COOK'S TIP: Use gentle pressure to shave the melon wedge from end to end. The edges of the **Serrated Peeler** glide through the melon to make beautiful ribbons!