Raspberry Chicken Breast

2 Tbsp Grill Mates Roasted Garlic Montreal Chicken Seasoning

½ C. Water

1/3 C. white wine vinegar

2 tsp. corn starch

½ C raspberry preserves

2 lb boneless chicken breast

In small saucepan, blend first 4 ingredients until cornstarch is completely dissolved. Bring to a boil, stirring constantly over medium heat until mixture thickens. Add preserves; stir until melted. Remove sauce from burner and allow mixture to cool completely.

Place chicken in a plastic bag. Reserve 1/3 cup marinade pour remaining marinade over chicken; close bag and turn to coat. Refrigerate 30 minutes. Remove chicken from marinade.

Place on grill over medium heat. Grill approx. 10 minutes or so until done, turning occasionally and basting with reserved marinade.
**Wild Berry Salad**

1 bag baby spinach

½ C. Blueberries

½ C. Raspberries

½ C strawberries

In large bowl, toss together the baby spinach, blueberries, raspberries and strawberries. Add dressing to taste and gently toss.

**Fresh Raspberry Dressing**

½ C raspberries (frozen/fresh)

1 TBSP apple juice

2 TBSP raspberry balsamic vinegar

1 ¼ TBSP water

1 TBSP sugar

2 TBSP canola oil

Salt and pepper

Place raspberries, apple juice, vinager, water, sugar and oil in blender. Puree until smooth. Season with salt and pepper to taste