



## **Fresh Chilean Blueberry Chicken and Pork Marinade**

### INGREDIENTS

6 boneless, skinless chicken breasts (5 oz) or  
2 pork tenderloins

### CHILEAN BLUEBERRY MARIDADE

1 tsp. lemon zest  
1 Tbsp. Dijon mustard  
3/4 cup balsamic vinegar  
1/3 cup chicken broth  
1/3 cup olive oil

### CHILEAN BLUEBERRY MARIDADE

#### INSTRUCTIONS

Mix marinade ingredients and marinate for  
4-6 hours. Sauté or grill chicken or pork.  
Serve with blueberry balsamic vinaigrette.



### BLUEBERRY BALSAMIC VINAIGRETTE

2 cups fresh blueberries  
2 Tbsp. balsamic vinegar  
2 Tbsp. maple syrup  
1/2 cup olive oil  
Salt and pepper

### BLUEBERRY BALSAMIC VINAIGRETTE INSTRUCTIONS

Boil blueberries and maple syrup until berries are soft. Add vinegar and cool slightly and puree. Add olive oil and salt and pepper. Chill.

Place chicken breasts (or pork tenderloin) over bed of salad greens, goat cheese, candied walnuts and halved Chilean red and green grapes. Drizzle with vinaigrette.

SERVES 6

### NUTRIENTS PER SERVING (based on boneless, skinless chicken breasts)

328 calories, 20 gms fat, 180 calories from fat, 3 gms saturated fat, 56 mg cholesterol, 304 mg sodium,  
22 gms protein, 1 gm dietary fiber

*Recipe from the Chilean Fresh Fruit Association*



[www.ChileanFruitOnline.com](http://www.ChileanFruitOnline.com)