

JUNE 2023 • ISSUE 265

DELIVERED MONTHLY TO 6,010 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



Cover Photo by Ali Miler

JAMIE NEWTON 
— & ASSOCIATES



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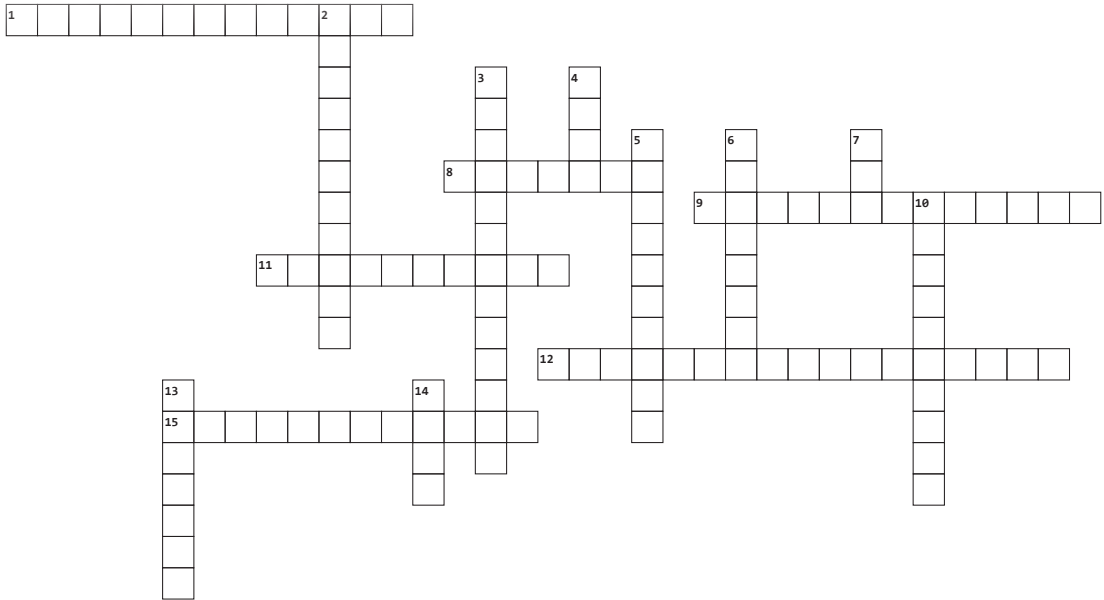
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NEW & USED COMPUTERS & LAPTOPS **403-861-6575** **FAST TURNAROUND**



June Crossword Puzzle



Across

- Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
- In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
- Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
- Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
- Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
- This Calgary landmark was opened to the public on June 30, 1968.

Down

- The song "I Will Always Love You," first recorded on June 12, 1973, by _____ gained renewed popularity with a re-release by Whitney Houston.
- 43 years ago, this NHL hockey team relocated to Calgary.
- The month of June is named after this Roman goddess.
- In North America, National _____ Day is celebrated on June 8.
- 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
- The first Friday after Father's Day is National Take Your _____ to Work Day.
- On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
- This European country experiences the longest summer solstice due to its geographical location.
- The official Father's Day flower.

SCAN THE QR CODE FOR
THE ANSWER KEY





📍 1404 Acadia Drive SE Calgary, AB T2J 4C6
 📞 403-271-7107 📧 info@thelbca.ca
 🌐 www.thelbca.ca

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Lake Bonavista Contacts/Groups

Lake Bonavista Homeowners Association (The Lake)
 403-271-3333 | www.lkbonavista.ca

City of Calgary
 311 | www.calgary.ca

Community Facebook Groups

- Lake Bonavista Community Chat
- Lake Bonavista Block Watch
- Lake Bonavista Community Garden Group
- Lake Bonavista with Kids (Calgary)




SCHOOL DIRECTORY

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Ecole Notre-Dame-De-La-Paix
École Sam Livingston Elementary School
École St. Cecilia French Immersion
Ecole Sainte-Marguerite-Bourgeoys
Elementary School
Fairview School
Lake Bonavista Elementary School
Lord Beaverbrook High School
Midnapore Community School
(bilingual Mandarin)
Nickle Middle School
Prince of Wales School
St. Bonaventure Junior High School
St. Boniface Elementary School
St. Philip Fine Arts Elementary School
Ste-Marguerite-Bourgeoys (S)(French) 7-12
St. Matthew Elementary/Junior High School
St. William Elementary School

CHURCH DIRECTORY

Bonavista Baptist Church
1507 Acadia Drive SE
Bonavista Evangelical Missionary Church
1509 Lake Ontario Drive SE
Holy Nativity Anglican Church
12707 Bonaventure Drive SE
St. Bonaventure Catholic Church
1600 Acadia Drive SE
Fish Creek United Church
77 Deerpoint Road SE
Your Grace Land
Delta Calgary South
Red Deer Lake United Church
Hwy 22X West
The Church of Jesus Christ of Latter Day Saints
14540 Parkland Blvd SE
McDougall United Church
8516 Athabasca St. SE
Lutheran Church of Our Saviour
8831 Fairmount Dr SE Calgary



Help Us Find A Cover Photo!

Get your camera out! Sort through your digital photo collection!

The Lake Bonavista Bugle is looking for images to grace our cover for the month of July.

If you think your cover is worthy, then send it in by June 9 and we will put a poll up on Facebook.

If chosen, you will have bragging rights (Yay!) as your photo will appear and be credited with your name for that month!

We are looking for high resolution photos (**300 dpi and 1MB in size**) with the theme being the season, or Lake Bonavista!

The photos could be of scenery, nature, animals, still life, activities. Any photos featuring people will require their written consent to use their likeness/image on our cover. Photos must be a high resolution to allow for print quality. Please submit by June 9.

For information or to submit your entry, please contact info@thelbca.ca.

Backyard Play Safety

from Alberta Health Services



Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment

- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.



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LBCA

SUMMER CAMPS

YOUNG REMBRANDTS: WILD WEST (AGES 6 - 12)

July 4 - 7, 2023, 9:00 am - 12:00 pm

\$160 LBCA MEMBERS | \$180 NON MEMBERS

YOUNG REMBRANDTS: CARTOONS IN SPACE (AGES 6 - 12)

July 10 - 14, 2023, 1:00 - 4:00 pm

\$200 LBCA MEMBERS | \$220 NON MEMBERS

ENGINEERING FOR KIDS: JR. HARDWARE ENGINEERING (AGES 4 - 7)

July 24 - 28, 2023, 1:00 - 4:00 pm

\$210 LBCA MEMBERS | \$230 NON MEMBERS

ENGINEERING FOR KIDS: APPRENTICE ENGINEERS (AGES 8 - 12)

July 31 - Aug 4, 2023, 9:00 am - 4:00 pm

\$360 LBCA MEMBERS | \$380 NON MEMBERS

ENGINEERING FOR KIDS: 3D MODELLING & PRINTING (AGES 8 - 12)

July 31 - Aug 4, 2023, 9:00 am - 12:00 pm

\$210 LBCA MEMBERS | \$230 NON MEMBERS

ENGINEERING FOR KIDS: APP DEVELOPMENT (AGES 8 - 12)

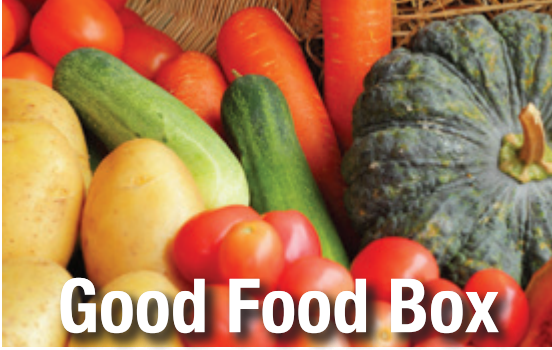
July 31 - Aug 4, 2023, 1:00 - 4:00 pm

\$210 LBCA MEMBERS | \$230 NON MEMBERS



WWW.THELBCA.CA





Good Food Box

The Good Food Box is a Community Kitchen Program that enables people to purchase fresh fruit and vegetables for less. There are no income criteria, everyone is welcome to place an order. Orders are delivered once a month to our facility, Lake Bonavista Community Association.

All orders must be received by 4:00 pm on Order Date (listed below).

All orders must be picked up between the hours of 12:00 to 4:00 pm on Pickup Date (listed below).

Please make note of the pickup date as we do not send email reminders.

No Refunds.

Pricing and Sizes

Small : \$25 for 20 to 25lbs

Medium: \$30 for 30 to 35lbs

Large: \$35 for 40 to 45lbs

Order By Date (Mondays 4:00 pm)	Pick Up Date (Wednesdays 12:00 to 4:00 pm)
June 12	June 21
August 14	August 23

*Please note there is no Good Food Box in July.

For more information, please visit our website at www.thehbca.ca/good-food-box/.

Adoption Event

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Booking requests are accepted over the phone or in the office only. Saturday and Sunday requests are accepted until noon the Friday before. One hour minimum, two hours maximum.

CALL THE LBCA TO BOOK: 403-271-7107 (ext. 225)

Bonavista Cares

In late 2015, a group of families in Lake Bonavista joined together with the idea to help families, neighbours and other communities in need. Bonavista cares continues to grow as residents of all ages participate in projects that make a positive impact on others. The time commitment is low and the rewards are great!

Join us, or contact us for more information.

Everyone is welcome!

Email bonavistacares@gmail.com or

LAKE BONAVISTA | JUNE 2023 11

FRIENDS *of* Fish Creek



June in Fish Creek

WestJet Gift of Flight

From May to July, the Friends of Fish Creek are offering you The Gift of Flight from WestJet. Win a round trip flight for two to anywhere WestJet flies! Pick up your tickets today and enjoy this amazing opportunity to see a new part of the world or return to a favourite place. All funds raised will support the Friends and our conservation efforts here in Fish Creek. Fish Creek Provincial Park enhances the quality of life for countless community members each day, and we are committed to protecting and preserving its sensitive ecosystems and biodiversity so that future generations can enjoy this park long into the future. Enter to win one round trip flight for two guests to any regularly scheduled and marketed WestJet destination! No cash value. Fees, taxes, and surcharges are not included. Blackout dates and restrictions apply. Tickets are one for \$10, five for \$20, 25 for \$50, or go all in and get 100 tickets for \$100! Contest closes July 3, 2023. All tickets are sold electronically. All bookings and travel must be completed within one year from the date of the event. For more information, visit <https://friendsoffishcreek.org/programs/flight>.

Calgary Connect: Maintaining Ecological Connectivity

Thursday, June 8, 7:00 to 8:30 pm

Presented by Nicole Kahal, Conservation Analyst with the Miistakis Institute

What is ecological connectivity and why is it important? What are the challenges to maintaining ecological connectivity in our region? The City of Calgary, in partnership with Miistakis Institute, launched Calgary Captured in 2017, and through this program, Friends volunteers help with wildlife camera monitoring here in Fish Creek Provincial Park. This multi-year wildlife monitoring and citizen science-based program is intended to study urban wildlife populations, their movement and behaviour, and enable informed conservation and management decisions that support healthy wildlife populations in our city. Join Nicole Kahal, Conservation Analyst with the Miistakis Institute, to learn how Miistakis and partners are using wildlife camera-traps, spatial modeling, and municipal planning to understand how we can protect what's left of the natural connections in the Calgary metropolitan region. To register, visit <https://friendsoffishcreek.org/event/connect>.

Capture Nature Photo Contest 2023

Each year, the Friends of Fish Creek offers our Capture Nature photo contest as a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year. From beginning photographers to amateur professionals and youth, we invite you to submit your best park images for consideration. As a contest participant, you may see your images used on our website, program posters, and other media publications as they become part of our ever-growing library of beautiful, high-quality park images. The sale of photo submissions may also support our organizational fundraising efforts down the road. The themes for 2023 are Winter Wonderland, The Elements, and As Above So Below. All submissions must be images taken in Fish Creek Provincial Park.

Registration runs from May 1 to July 31, 2023. You can register at any point throughout the contest. The public will be able to vote for their favourite photos through our online gallery. Voting will be open until August 15 at midnight, and we will announce the contest winners on September 1.

To register and for more information, please visit <https://friendsoffishcreek.org/programs/capturenature>.

Stop into the Bow Valley Ranch Visitor Centre

If you have been down to the Bow Valley Ranch in the past year or so, you may have noticed that the Visitor Information Centre is now open six days a week. The exhibit area here features cultural artifacts and a wealth of information about the history of the city and the park. Since the beginning of the Friends' Enhanced Partnership Project with Alberta Parks in 2020, we have trained over thirty volunteers in the new role of Fish Creek Ambassador to work in the centre. We invite you to stop into the Bow Valley Ranch Visitor Centre to pick up a park map or outreach material, learn about some of the unique history of this area, and chat with our friendly and knowledgeable Fish Creek ambassadors.

Food Truck Frenzy at the LBCA!

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Wednesdays: 4:00 – 7:00 PM



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Lake Bonavista Figure Skating Club

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President	Jacqueline West	president@lbfsc.ca
Vice-President	Vacant	vicepresident@lbfsc.ca
Secretary	Vacant	secretary@lbfsc.ca
Treasurer	Patti Graham	treasurer@lbfsc.ca
STARSkate Chair	Irene Liew	starskate@lbfsc.ca
Rink Chair	Simone Saeger	rinkchair@lbfsc.ca
CanSkate Chair	Courtney Topolay	canskate@lbfsc.ca
Assessment Coordinator	Menka Bhojane	testchair@lbfsc.ca
Events Chair	Trish Power	events@lbfsc.ca
Fundraising Chair	Christie Magda	fundraising@lbfsc.ca
Volunteer Coordinator	Paulette Hayman	volunteer@lbfsc.ca
Casino Chair	Vacant	casino@lbfsc.ca
Communications Chair	Irene Liew	communications@lbfsc.ca



Other Programs/Sport Contacts

Bow River South Basketball Association	www.bowriverbasketball.com
Calgary Fellowship of the Sword	http://calgarysword.ca/contacts-and-links.php
Calgary Kyokushin Karate	calgarykyokushinkarate@shaw.ca
Calgary Selects Basketball Club	www.facebook.com/calgaryselects/
Calgary Sport and Social Club	www.calgarysportsclub.com
Cutting Edge Kung Fu	www.facebook.com/CuttingEdgeKungFu/
Devotion Danceworks	www.devotiondanceworks.com
Fencing Calgary	www.fencingcalgary.com
FLC Seniors Club	www.flcseniors.ca
Girl Guides of Canada	www.calgarygirlguides.com
Girls Hockey Calgary Association	www.girlshockeycalgary.ca
Idiom Expressions Baton Club	idiom.expressions@live.ca
Knights Hockey Club	www.knightshc.ca
Lake Bonavista Adult Badminton	403-248-8530
Lake Bonavista Curling Club	403-271-8383
Rising Sun Kung Fu	www.risingsunkungfu.ca
Scouts Canada	www.scouts.ca
Stryker Sports	www.strykersports.ca
Take Off Pounds Sensibly (TOPS)	www.tops.org
Wee Wonder Daycare	www.weewonder.ca



Check us out at www.thelbca.ca

Go to this website for all the Lake Bonavista community events, registration information, community newsletter, program updates and LBCA Board of Director news.



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----- DMC CONSTRUCTION -----

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...I know it is hard to believe, but these are pictures before and after!!!



Greetings Lake Bonavista Community!!!

We are happy to present our latest exterior transformation in the area.

“Night Gray” James Hardie siding and shakes with “Arctic White” trims gave this house a beautiful look!

Natural “Rundle Rock” from great Canadian Rocky Mountains in Canmore finished perfectly with slightly tapered pillars!

Tongue and groove pre-stained soffit added a little hint of modern!

We could not be happier with the final look of this home!



--- CALL US TODAY FOR A FREE ESTIMATE! ---

403-477-8711

Bonavista Cares

Spring is turning to summer. Flowers are blooming and young veggies are popping through the soil. We are so grateful for all the donations of seeds and seedlings. Whiling away the summer watering, weeding, and harvesting is the best! Please reach out if you'd like to join us in watering, weeding, and harvesting – all ages and expertise welcome. Last year 150 pounds of produce was donated to the Calgary Food Bank.

The 2023 Lake Bonavista Parade of Garage Sales is on Saturday, June 24 from 9:00 am to 3:00 pm and Bonavista Cares is hosting a sale again! If you are in spring decluttering mode but don't have the time or energy to have your own garage sale, please consider donating your salable items. All proceeds supplement the many upcoming initiatives in 2023-2024! We also need helpers of all ages, this is such a fun way to meet neighbours, do a bit of math, and make people smile with treats and treasures.

Thank you everyone who participated in the first ever Pride Event of Parkland Cares and Bonavista Cares this May and June! Care Kits are being given to LGBTQ2S+ youth who are accessing programs and support from our friends at Skipping Stone.

More details about all these events will be available through social media and the Bonavista Cares email mailing list. Please write bonavistacares@gmail.com to get added to stay up to date on all our initiatives.

We hope that you have a wonderful summer making memories with neighbours and friends.

CRIME STATISTICS



Lake Bonavista Crime Activity was Down in April 2023

The Lake Bonavista community experienced 0 crimes in April 2023, in comparison to 6 crimes the previous month, and 18 crimes in April one year ago. Lake Bonavista experiences an average of 11.3 crimes per month. On an annual basis, Lake Bonavista experienced a total of 135 crimes as of April 2023, which is down 15% in comparison to 159 crimes as of April 2022. To review the full Lake Bonavista Crime report visit lakb.mycalgary.com

Bonavista Downs Crime Activity was Unchanged in April 2023

The Bonavista Downs community experienced 0 crimes in April 2023, in comparison to 0 crimes the previous month, and 0 crimes in April one year ago. Bonavista Downs experiences an average of 0.3 crimes per month. On an annual basis, Bonavista Downs experienced a total of 4 crimes as of April 2023, which is down 56% in comparison to 9 crimes as of April 2022. To review the full Bonavista Downs Crime report visit bona.mycalgary.com.

How To Report Crime In Lake Bonavista | Bonavista Downs: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

Cats, Canines, & Critters of Calgary



Squeeks, Mount Pleasant



Ravioli, Lower Mount Royal



Tegan, Bowness



Umer, Calgary

To have your pet featured, email news@mycalgary.com



Crime Prevention Dashboard

WHEN TO DIAL 911

The Calgary Police Service uses two telephone contact numbers:
Emergency: 911
Non-emergency: 403-266-1234

WHEN TO CALL NON-EMERGENCY

- Crimes that have already happened and there is no injury or bodily harm
- Crimes that do not require immediate police response
- Suspicious vehicles and/or people
- All other non-emergency calls

ONLINE REPORTING

<http://www.calgary.ca/cps/Pages/Report-a-crime.aspx>
These reports are not reviewed in real time.

REPORTS YOU CANNOT SUBMIT ONLINE

- Robbery (Theft with violence)
- House break-in & enter
- Domestic disputes
- Theft of a vehicle
- Incidents where there is a known suspect offender
- Any type of fraud resulting in the loss of funds / personal information or property
- Incidents that involve lost/stolen citizenship cards, permanent resident cards, immigration documents, government cheques, or cash from the government

These crimes may require a dispatched call. Please phone the Police non-emergency line (403) 266-1234.

REPORTS YOU CAN SUBMIT ONLINE

- Damage to Property
- Damage to Vehicle
- Lost Property (excluding government ID)
- Theft
- Theft from Vehicle
- Car Prowling
- Online telephone scams
- Online email scams

9:00 PM ROUTINE

The Calgary Police Service are encouraging Calgarians to establish a 9:00 pm routine to help secure their property before heading to bed.

The routine recommends:

- Removing valuables from vehicles
- Ensuring vehicles are locked
- Windows are closed and if possible, parked in a garage
- Closing garage doors and windows
- Locking garage doors including those leading into a house
- Checking that all house doors are locked
- Ensuring all windows are shut
- Turning on an exterior light

SUBMIT A TIP TO CRIME STOPPERS

Crime Stoppers is a separate entity that takes anonymous tips about criminal activity that is then passed onto the CPS.

TALK: 1-800-222-8477

TEXT: tttTIPS to 274637

ONLINE: <http://tttips.com/home>

Please note that not all tips submitted to Crime Stoppers are investigated.

SUBMIT A DRUG TIP

If you have information about a drug house, or people who are selling drugs, you can report this information online.

Please note if you want to remain anonymous, you must submit your information to www.Crimestoppers.org

REPORT GRAFFITI OR VANDALISM

If you observe graffiti; call 311.

Include the location; description of the object the graffiti is on and a photo of the graffiti.

ALBERTA EMERGENCY ALERT

Alberta Emergency Alerts are issued by the communities where a disaster or emergency is occurring.

<https://www.emergencyalert.alberta.ca/content/about/signup.html>

511 ALBERTA WEBSITE AND APP

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ABUSE/VIOLENCE/SEXUAL NUMBERS TO CALL

If you are experiencing domestic abuse or violence, reach out for help:

- Immediate danger: Call 911
- Experiencing domestic abuse: Call 403-234-SAFE (7233)
- Experiencing sexual abuse: Call: 403-237-5888
- To report domestic abuse or violence: Call: 403-266-1234

NATIONAL BEST FRIEND DAY

In Canada and the US, June 8 is National Best Friend Day! This observance exists thanks to US Congress who, in 1935, decided that a day was needed each year to celebrate close friends. June 8 was selected for its pleasant weather, making it a great day to spend outdoors with friends!



GAMES & PUZZLES



Guess That Book!

1. A nurse accidentally time travels to the 18th century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

SCAN THE QR CODE FOR THE ANSWERS!



BRAIN GAMES

SUDOKU

9	2	6			7		8	
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1					5	9	6	
7	5		8		2	6		
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3	8		1					
		4		3		5	7	6
	7	3		6				4
	1	5		7				

SCAN THE QR CODE FOR THE SOLUTION



Stay Safe! Course

June 17th
9:30 am - 2:30 pm

The Stay Safe Course teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety.

They will be tools to Stay Safe in a variety of different situations as well as learn basic first aid.

\$70 Non-Members
\$60 LBCA Members

Register: www.thelbca.ca



Lemon Chicken Salad

by Jennifer Puri

Nothing says fresh like lemons.

Believed to have originated about eight million years ago, lemons are a hybrid between a bitter orange and a citron. The lemon's ancestors are the mandarin orange, pomelo, and citron, but the lemon is the most used of the citrus fruits.

Lemons start small and green but turn yellow as they grow and ripen. A lemon tree, properly cared for, can live up to a hundred years and can produce six hundred pounds of lemons per year. Lemons play an important economic and cultural role in our world. They are used to make medicines, beauty products, candles, cleansers, preservatives, and even invisible ink.

Regarded as one of the world's healthiest foods, lemons are rich in Vitamin C and fiber and are an important ingredient in the preparation of food such as tarts, meringues, liqueurs, the flavouring and seasoning of poultry, fish, and of course lemonade.

The acidity of lemons is perfect for salad dressings as shown in this lemon chicken salad recipe.

Prep Time: 25 minutes

Cook Time: 35 minutes

Marinade Time: 6 to 24 hours

Servings: 3 to 4

Ingredients:

- 3 boneless, skinless chicken breasts
- 1/3 cup fresh lemon juice
- 2 garlic cloves, finely chopped
- 1 tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- 3/4 tsp. salt
- 1/2 tsp. coarse black pepper
- 3/4 cup extra virgin olive oil
- 2 tbsp. honey
- 1 large head of organic romaine lettuce
- 1/2 pint of cherry tomatoes
- 1 cup seedless black olives
- 2 cups seasoned croutons
- 1 cup grated parmesan cheese

Directions:

- Prepare lemon dressing by combining lemon juice, garlic, Dijon mustard, Worcestershire sauce, salt, pepper, honey, and olive oil in a small bowl. Stir well or pour dressing into a small blender and blend for about one minute. Transfer dressing into a Mason jar for easy storage.
- Place chicken breasts on a cutting board and pat dry with a paper towel. Use a mallet to flatten any parts of the breasts that are more than 3/4 inch thick. Transfer chicken breasts to a bowl and add 3 to 4 tablespoons of lemon dressing. Cover and refrigerate for a minimum of six hours or a maximum of 24 hours. Refrigerate remaining lemon dressing.
- Pre-heat oven to 400 degrees Fahrenheit.
- Remove chicken from marinade and place in a large non-stick frying pan. Allow the breasts to brown or caramelize, approximately two minutes on each side.
- Place browned chicken breasts on a baking sheet lined with foil. Bake uncovered until cooked, about 25 minutes or until a meat thermometer placed in the thickest part of the breast reads 165 to 170 degrees Fahrenheit. Remove from oven, cover, and let sit for about 10 minutes.
- In a large bowl, prepare salad by tearing romaine lettuce into bite size pieces. Add cherry tomatoes, olives, croutons, and lemon dressing to taste. Portion salad on four plates and add sliced chicken breasts topped with a little lemon dressing to each one. Sprinkle with parmesan cheese, garnish with lemon slices, and serve.



Bon Appétit!



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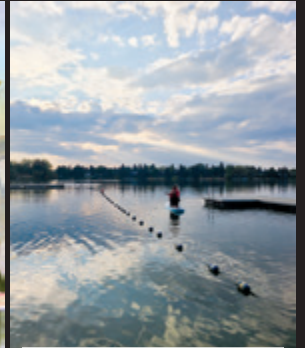


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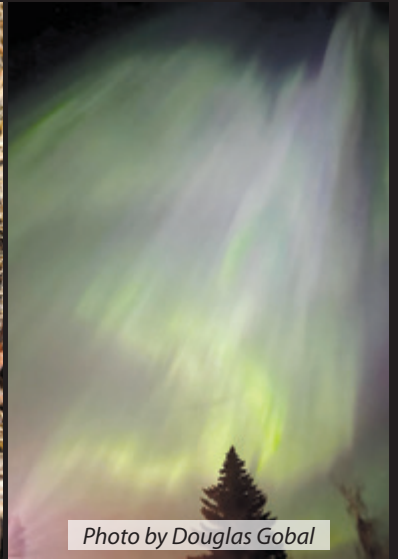


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