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Recipe of the month

Grilled Chicken
Salad with Blueberry Vinaigrette

2 boneless skinless chicken breast halves (6 ounces each)

1 tablespoon olive oil

1 garlic clove, minced

1/4 teaspoon salt

1/4 teaspoon pepper

Vinaigrette:

1/4 cup olive oil

1/4 cup blueberry preserves

2 tablespoons balsamic vinegar

2 tablespoons maple syrup

1/4 teaspoon ground mustard

1/8 teaspoon salt

Dash pepper

Salads:

1 package (10 ounces) ready-to-serve salad greens

1 cup fresh blueberries

1/2 cup canned mandarin oranges

1 cup crumbled goat cheese

Prep Time: 20 min Cook Time: 10 min Yield: 4 servings

1 Toss chicken with oil, garlic, salt and pepper; refrigerate, covered, 30 minutes. In a small bowl, whisk together vinaigrette ingredients; refrigerate, covered, until serving.

2 Grill chicken, covered, over medium heat until a thermometer reads 165°, 5-7 minutes per side. Let stand 5 minutes before slicing.

3 Place greens on a serving plate; top with chicken, blueberries and mandarin oranges. Whisk vinaigrette again; drizzle over salad.

Top with cheese.

The perfect salad recipe for July, Blueberry Month!

Source:
https://www.tasteofhome.com

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Your Weekly Horoscope

ARIES
(March 20 – April 19)

An evolutionary aspect has been building for several weeks and is hitting a peak point now. If you haven't yet decided on a course for your life, now is the time! Lucky numbers: 5, 6, 9, 21, 28, 36.

TAURUS
(April 20 – May 20)

Two planetary heavy hitters, Uranus and Neptune, are aligned in this moment to catalyze human evolution. Taurus is not fond of change, but it may be required of you now. Lucky numbers: 6, 9, 12, 15, 16, 18.

GEMINI
(May 21 – June 20)

A motto for Gemini might be "so many things to do, so little time." Now, however, the Universe may be nudging you in a particular direction, so pay attention. Lucky numbers: 7, 17, 18, 27, 32, 47.

CANCER
(June 21 – July 22)

The new moon in your sign can be a powerful time for setting new intentions. Before proceeding, be sure that you truly know what your underlying motivation is. Lucky numbers: 5, 8, 20, 28, 43, 45.

LEO
(July 23 – Aug. 22)

Your leadership abilities could be a natural draw to others early in the week. Be sure that you are leading them in a direction that might be a win for everyone. Lucky numbers: 9, 15, 17, 18, 26, 48.

VIRGO
(Aug. 23 – Sept. 22)

At midweek, you may be tempted to be overly demanding of yourself or others. This could pass in a few days, but be aware of it while it is in effect. Lucky numbers: 18, 21, 28, 37, 38, 41.

LIBRA
(Sept. 23 – Oct. 22)

As the weekend approaches, develop a plan for relaxation. Self care is important and is something Libras often overlook in their focus on the needs of others. Lucky numbers: 1, 18, 21, 29, 43, 44.

SCORPIO
(Oct. 23 – Nov. 21)

Are you experiencing frustration in your life path? If so, consider how adjusting your view might bring changes in your actions that could improve the situation. Lucky numbers: 11, 12, 21, 23, 26, 37.

SAGITTARIUS
(Nov. 22 – Dec. 21)

Do you believe in something but lack the courage to follow through on it? You may continue in a stalemate until you do. Then an opportunity could suddenly open up. Lucky numbers: 2, 13, 16, 25, 33, 44.

CAPRICORN
(Dec. 22 – Jan. 19)

Is there a stalemate between what you want versus what others want? Approach the situation again in a few days. You may find you aren't as far apart as you thought. Lucky numbers: 4, 8, 9, 37, 43, 44.

AQUARIUS
(Jan. 20 – Feb. 18)

Have you felt the evolutionary aspect that has been building recently? Being attuned to it could be confirmation that you have a role to play in humanity's shift. Lucky numbers: 10, 12, 14, 39, 43, 48.

PISCES
(Feb. 19 – March 20)

A grounded, midweek energy could help balance your more esoteric Pisces qualities. For the few days this is in effect, focus on accomplishing something important. Lucky numbers: 15, 16, 26, 37, 44, 47.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 33.

Did You Know...

Divine fungi: Ancient Egyptians believed mushrooms were gifts from the gods, born from lightning striking the earth. Considered food of immortality, they were reserved for pharaohs; ordinary people were forbidden to touch the sacred delicacies.

Mysterious muse: For centuries, the true face behind Leonardo da Vinci's "Mona Lisa" has kept scholars guessing. Most now suspect she was a Florentine woman named Lisa Gherardini, whose steady gaze became one of history's most studied portraits.

Hidden ties: Coastal redwoods can grow to incredible heights even though their roots reach only about six to 12 feet (2 to 4 m) deep. They stay upright by linking roots with neighbouring trees, creating a vast network that anchors the entire forest.

Cover debut: When *Rolling Stone* launched, John Lennon appeared on its very first cover, marking the start of a long parade of music legends to do so. From Bob Dylan to Madonna, many artists have made their mark on the magazine's front page.

Naming continents: Italian explorer Amerigo Vespucci realized the lands across the Atlantic were not part of Asia but a separate continent. When mapmakers later documented his findings, they used his first name, giving "America" its place on the map.

On the Lighter Side

Why did the orange only go halfway up the hill? It ran out of juice.

A helper at a shoeshine parlour is called a bootician.

Do I have a time machine? Of course, I do! We go way back!

Dad: "I was told you skipped school to watch football today!"
Son: "I didn't and I have the movie ticket to prove it!"

Knock! Knock! *Who's there?* Freddie. *Freddie who?* Freddie or not, here I come!

Answers

Trivia answers: 1. True 2. Seine 3. Hephaestus 4. False, a conifer 5. George Carlin

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