



Tropical Chicken and Avocado Salad AVOCADOS FROM MEXICO ▲

- 1 fully ripened Mexican* Hass avocado
- 1/3 cup olive oil
- 2 tablespoons lime juice
- Salt and freshly ground black pepper
- 4 cups mixed salad greens, torn in bite-size pieces
- 2 grilled boneless chicken breast halves (about 8 ounces), sliced
- 4 slices peeled fresh pineapple
- 1 large tomato, cut in thin wedges
- 1/2 cup thinly sliced red onion

1. Cut avocado in half lengthwise around pit; twist to separate halves. Place the half with the pit on a cutting board; strike the pit with the blade of a sharp knife, twist and pull out pit. With spoon, scoop out flesh and slice.
2. In a small bowl, whisk together olive oil, lime juice, and salt and pepper to taste.
3. Divide greens among 4 serving plates. Top with avocado, chicken, pineapple, tomato and onion. Drizzle with half of dressing.
4. Serve salads with remaining dressing on the side. Makes 4 servings.

** Brands may vary by region; substitute a similar product.*



Date and Grape Chicken Salad NATURE'S PARTNER/SUNDATE ▲

- 8 cups cubed cooked chicken
- 2 cups SunDate® Medjool dates, pitted and chopped
- 2 cups Nature's Partner® red seedless grapes
- 2 cups water chestnuts, sliced
- 2 cups diced celery
- 2 cups sliced nuts
- 1 1/2 cups diced pineapple
- 2 1/2 cups mayonnaise, or to taste
- 1/2 cup chicken broth
- 1 tablespoon soy sauce
- 1/2 teaspoon curry powder, or more to taste
- Iceberg lettuce leaves

1. Combine chicken, dates, grapes, water chestnuts, celery, nuts and pineapple in a large bowl.
2. Place mayonnaise, chicken broth, soy sauce and curry powder in another bowl. Stir until well blended.
3. Add just enough dressing to the salad to moisten. Mix gently.
4. Serve in crisp lettuce cups. Makes 6-8 servings.

** Brands may vary by region; substitute a similar product.*

