



*This main dish salad is full of great flavor! It has been adapted from a recipe on the Dole website and is great for a summer supper or a hearty lunch. Photo was taken before the poppy seed dressing was added.*



Serves 2

# Banana Chicken Salad

1 carrot, peeled and sliced  
1 tsp. minced fresh ginger  
1/2 tsp. minced garlic  
1/2 c. Dole 100% pineapple juice  
1 small zucchini, sliced  
1 tsp. chopped fresh basil  
Salad greens  
1-2 boneless, skinless cooked chicken breast(s), sliced  
1 speckled banana, peeled and sliced

## Poppy Seed Dressing:

*(save extra for other salads)*

2/3 c. honey  
1 tsp. paprika  
1 tsp. dry mustard  
1/4 tsp. salt  
1/3 c. lemon or lime juice  
1 c. oil

1-2 tsp. poppy seeds

Cook carrot, ginger and garlic in pineapple juice in oiled skillet for 3 minutes.

Add zucchini and basil; reduce heat to low. Continue cooking until vegetables are tender. Remove from heat; cool.

Prepare dressing according to directions below.

Arrange salad greens, cooked vegetables, chicken and banana on 2 plates. Spoon desired amount of Poppy Seed dressing over salad.

## To prepare dressing:

Combine honey, paprika, mustard and salt. Stir in lemon or lime juice. Add oil in a slow, steady stream, beating constantly with an electric mixer until thick. Beat in poppy seeds. Refrigerate leftovers.