



The Resistance Salad

(Inspired by X-Wing Starfighters)

A DOLE® “Unite for a Healthy Galaxy” Recipe

Prep: 10 min.

Cook: 3 min.

Makes: 4 servings

Ingredients:

- 16 large raw shrimp, peeled and deveined
- 2 DOLE® Bananas, peeled, each banana cut into 4 even portions
- 1/2 to 1 teaspoon Old Bay seasoning
- 1 to 2 tablespoons Dijon mustard
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 rounded teaspoon curry powder
- 2 cups DOLE® Baby Spinach
- 2 cups DOLE® Baby Arugula
- 1 cup DOLE® Pineapple, finely diced
- 2 tablespoons dried cherries
- 2 tablespoons pistachio nuts
- 8 wooden skewers, soaked in water for 10 minutes before using



Directions: **Preheat** grill to medium. **Thread** four shrimp onto four skewers. Thread 1 banana half onto each of the other four skewers. Lightly dust each skewer with Old Bay seasoning. **Place** each skewer on the grill and cook for 2 to 3 minutes on each side or until the shrimp is cooked and the bananas are charred. **Combine** mustard, olive oil, lemon juice, and curry in a small bowl. Whisk to blend. Brush each skewer with dressing. **Combine** spinach, arugula, pineapple, cherries, and pistachios in a large bowl. Pour remaining dressing over and toss gently to combine.