



Threepio Salad

(Inspired by C-3PO)

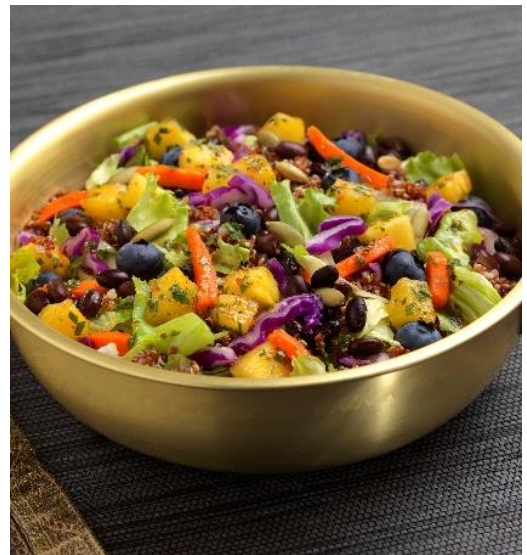
A DOLE® “Unite for a Healthy Galaxy” Recipe

Prep: 15 min.

Makes: 2 Servings

Ingredients:

- 2 tablespoons fresh lime juice
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped cilantro
- 1/2 to 1 teaspoon of chili powder
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup DOLE® Pineapple, cut into small cubes
- 1/2 cup cooked quinoa
- 2 cups DOLE® Classic Iceberg Salad
- 1/2 cup reduced-sodium black beans, rinsed and drained
- 1/2 cup DOLE® Blueberries
- 1 tablespoon pumpkin seeds



Directions:

Combine lime juice, oil, cilantro, chili powder and black pepper in a medium bowl. Whisk to blend. Stir in pineapple. **Divide** and layer in order: dressing, pineapple, quinoa, salad, black beans and blueberries between two 1-quart resealable containers. Sprinkle each salad with pumpkin seeds. **Cover** and refrigerate. Let containers sit at room temperature for at least 20 minutes before serving. Shake container before eating to distribute ingredients.

NOTE: Salad will keep, covered and refrigerated, for one day.