

Employee Wellness Cooking Demo: 8/26/2020

Ingredients List

Hawaiian Chicken Salad with Coriander-Lime Vinaigrette

- 2 chicken breasts
- ½ a small pineapple - peeled and cut into 1 cm thick slices
- 2 cups mixed baby salad leaves
- ½ red pepper - deseeded and sliced
- ½ yellow pepper - deseeded and sliced
- 6 cherry tomatoes - chopped into quarters
- 1 avocado - de-stoned and chopped

Marinade:

- 2 tbsp olive oil
- 5 tbsp pineapple juice
- 1 tsp honey
- 1 tbsp tomato puree
- 1 tbsp soy sauce (or tamari for gluten free_
- 1 thumb-sized piece ginger - peeled and minced
- 1 garlic clove - peeled and minced
- Pinch of black pepper
- Pinch of salt

Coriander-Lime vinaigrette:

- 2 tbsp fresh lime juice
- 1 tsp white wine vinegar
- ½ garlic clove – minced
- 1 tsp honey
- Pinch of salt
- 3 tbsp extra-virgin olive oil
- Small bunch of coriander/cilantro - finely chopped

Pineapple Ice Cream

- 1 cup plain yogurt
- 3 cups frozen pineapple chunks (or pineapple and mango)