

Roasted Sweet Potato and Pineapple Salad



Chopped romaine with layers of roasted, toasted goodness - shredded smoked chicken, roasted yams, roasted pineapple and roasted red pepper. Topped with toasted pine nuts and drizzle of sweet achi vinaigrette.

Yield	6-1/2 oz
Serves	1
Preparation time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1.75	oz	2 cups		Lettuce, romaine	chopped
1	oz			Chicken breast fillet	shredded, smoked
1	oz	2 tbsp		Roasted Sweet Potatoes - prepared	(see separate recipe)
1	oz	2 tbsp		Pineapple	diced, roasted
1	oz	2 tbsp		Red pepper, roasted, canned and drained	
1/4	oz	2 tsp		Pine nut	toasted
1/2	fl oz	1 tbsp		Sweet Ancho Vinaigrette - prepared	(see separate recipe)

Preparation Steps

1. Dine-In Chopped Salad: Add lettuce, chicken, Roasted Sweet Potatoes, pineapple, peppers and pine nuts (or guest's selection of proteins, vegetables, grains, and garnishes) to a bowl.
2. Toss with Sweet Ancho Vinaigrette (or guest's choice of dressing).
3. To-Go Shaker Salad: Add Sweet Ancho Vinaigrette (or guest's choice of dressing) to bottom of container.
4. Add chicken, pine nuts, Roasted Sweet Potatoes, pineapple, peppers and lettuce (or guest's selection of proteins, vegetables, grains, and garnishes) to the container. NOTE: Start with the least likely component to get soggy and finish with the greens.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	200
Energy (KJ)	835.4
Protein (g)	9
Carbohydrate, total (g)	14.2
Fats, total (g)	12.4
Sugars, total (g)	6
Fats, saturated (g)	1.4
Fiber, total dietary (g)	2.9
Sodium (mg)	480.5
Calcium (mg)	44.5
Cholesterol (mg)	16.8
Iron (mg)	1.6
Vitamin A (µg_RAE)	397.3
Vitamin C (mg)	36.8

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.