



## Caribbean Salad



### **Salad:**

chicken tenders  
teriyaki marinade (Lawry's is great)  
leaf lettuce, chopped  
iceberg lettuce, chopped  
fresh pineapple, cut in chunks  
mandarin oranges  
green onions, sliced  
red pepper, finely chopped  
dried cherries  
shelled sunflower seeds  
salt and pepper

### **Dressing:**

3 T mayonnaise  
2 T pineapple juice  
1 T mandarin orange juice

Marinate chicken at least 1 hour. Grill. Cut in chunks. Layer lettuce, pineapple, oranges, onions, peppers, cherries, sunflower seeds and chicken. In small bowl, whisk dressing ingredients. Toss or drizzle salad with dressing. Salt and pepper to taste.