

RECIPE: CHICKEN BLACKBERRY AND MACADEMIA NUT SALAD

ASIAN FOOD

Sesame oil, 0.33 fl. oz.

Seasoned rice vinegar, 1.5 fl. oz.

BAKING

Light brown sugar, 0.98 oz.

CONDIMENTS & OIL

Canola oil (grapeseed or neutral flavored), 0.67 fl. oz.

FRUITS

Blackberries, 10 oz.

NUTS, SEEDS & DRIED FRUITS

Chopped Macadamia nuts (toasted), 1.2 oz.

POULTRY

Chicken breasts (10-12 oz.), 2 small cooked

SPICES & SEASONINGS

Coarse Kosher salt, 0.11 oz.

Ginger, 0.02 oz.

Grated ground black pepper, 0.02 oz.

VEGETABLES

Red onion, 0.5 small

Fresh cilantro, 0.29 oz.

MISCELLANEOUS

Loosely packed mixed salad greens, 10 cups