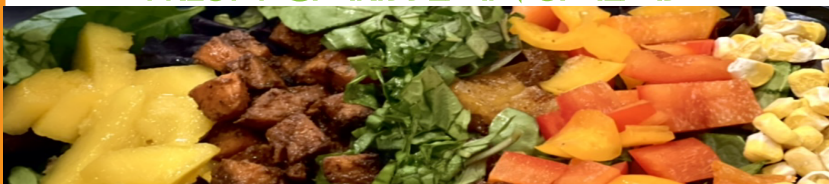


FRESH CARIBBEAN SALAD



Ingredients:

For the salad: Five oz of fresh organic mixed greens, 1 cup cubed sweet potatoes, one large red pepper chopped, 1/2 cup dried corn or freshly cooked corn kernels, Two mangoes chopped into 1/2 inch cubes, 1/2 cup finely chopped Fresh Herbs, one fresh pineapple.

For the dressing: 6 oz of 100 % pineapple juice, 2 Tbsp of olive oil, 1 Tbsp of lemon olive oil, 2 Tbsp of red wine vinegar, 1 tsp lemon vinegar, 2 Tbsp of local honey, 1 tsp organic sugar, 1 tsp of Fennel and Fire Caribbean Punch seasoning.

For the pineapple: 2 Tbsp local honey, 1 Tbsp Fennel and Fire Caribbean Punch seasoning, 2 Tbsp Brown Sugar, Fennel and Fire Fire Salt.

Directions:

*Chop lettuce.

*Place sweet potato in a microwave-proof bowl, add 1 tsp of water, and cover. Microwave 5 min or until tender. Drain. Sprinkle with 1 tsp Fennel and Fire Caribbean punch seasoning, and sprinkle with Fennel and Fire Fire Salt.

*Core and slice pineapple. Mix 2 Tbsp local honey, 1 Tbsp Fennel and Fire Caribbean Punch Seasoning and 2 Tbsp Brown Sugar in a small bowl. Place pineapple slices on a sheet pan covered with oiled foil. Spoon mixture over Pineapples. Broil for 4 min or until golden and bubbly.

*Dress Salad. Place only the greens in a mixing bowl. Add dressing a bit at a time to coat lettuce but not soak. Stir to combine. Sprinkle with Fennel and Fire Fire Salt.

*Assemble Salad: Divide greens into four bowls. Add a strip of each ingredient:

Mango, Sweet Potatoes, herbs, pineapple, red pepper, and corn.

**You may add chopped chicken from our Caribbean chicken sliders recipe if desired.