
Chicken Salad Hawaiian

*Chef Ados Szabo - Maas Brothers Restaurant - Sarasota, FL
Sarasota's Chef Du Jour - 1992*

5 orange slices, peeled and sectioned
5 grapefruit slices, peeled and sectioned
1 wedge watermelon
small bunch grapes
1 wedge cantaloupe
HAWAIIAN MIX
1 1/4 pounds white and dark meat chicken, diced
1 cup water chestnuts
1 cup celery
dash salt
dash pepper
1 cup Hawaiian dressing
pineapple rings in juice, reserve the juice
toasted cashew nuts
HAWAIIAN DRESSING
2 cups mayonnaise
dash onion salt
dash ginger
dash curry
1/2 teaspoon soy sauce
2 1/2 tablespoons wine vinegar
2/3 cup pineapple juice

Make the Hawaiian dressing: In a bowl, mix together the mayonnaise, onion salt, ginger, curry, soy sauce, wine vinegar and reserved pineapple juice.

Make the Hawaiian Mix: In a bowl, combine the chicken, water chestnuts, celery, salt, pepper and one cup of the Hawaiian Dressing. Mix well.

Line a plate with leaf lettuce. Use the leaf of a head of lettuce to form a cup. Fill with 1/2 cup of chopped lettuce. Cover the chopped lettuce with a little more than 1/2 cup of the Hawaiian Mix filling.

Top the Hawaiian Mix with a pineapple ring. Sprinkle one teaspoon of toasted cashews over the top.

Surround the lettuce cup with orange slices, grapefruit slices, watermelon wedge, grapes and a cantaloupe wedge. (Comparable fruits in season can be substituted,)

Yield: 4 to 6 servings

Salads

Per Serving (excluding unknown items): 5334 Calories; 396g Fat (61.7% calories from fat); 48g Protein; 506g Carbohydrate; 51g Dietary Fiber; 154mg Cholesterol; 2919mg Sodium. Exchanges: 1 Vegetable; 34 Fruit; 31 1/2 Fat; 0 Other Carbohydrates.