

**Threepio Salad**

(Inspired by C-3PO)

**A DOLE® “Unite for a Healthy Galaxy” Recipe**

**Prep: 15 min. Makes: 2 Servings**

**Ingredients:**

* 2 tablespoons fresh lime juice
* 2 tablespoons extra-virgin olive oil
* 1 tablespoon chopped cilantro
* 1/2 to 1 teaspoon of chili powder
* 1/2 teaspoon freshly ground black pepper
* 1/2 cup DOLE® Pineapple, cut into small cubes
* 1/2 cup cooked quinoa
* 2 cups DOLE® Classic Iceberg Salad
* 1/2 cup reduced-sodium black beans,

rinsed and drained

* 1/2 cup DOLE® Blueberries
* 1 tablespoon pumpkin seeds

**Directions:**

**Combine** lime juice, oil, cilantro, chili powder and black pepper in a medium bowl. Whisk to blend. Stir in pineapple. **Divide** and layer in order: dressing, pineapple, quinoa, salad, black beans and blueberries between two 1-quart resealable containers. Sprinkle each salad with pumpkin seeds. **Cover** and refrigerate. Let containers sit at room temperature for at least 20 minutes before serving. Shake container before eating to distribute ingredients.

**NOTE:** Salad will keep, covered and refrigerated, for one day.