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Papaya-Avocado Chicken Salad



Papaya-chicken-avocado salad Photo Susie Iventosch

Dressing

3 tablespoons plain low fat yogurt

3 tablespoons extra-virgin olive oil

1 tablespoon white wine vinegar or white balsamic vinegar (depending upon desired sweetness)

Juice of 1/2 (large) lime

1 tablespoon soy sauce

1 inch piece fresh ginger, finely minced or crushed

Mix all and shake well. Keep refrigerated until ready to use.

DIRECTIONS

In a salad bowl, gently toss chicken, bacon, blue cheese and avocado with dressing. Arrange lettuce leaves on salad plate, and place papaya ring on top. Scoop chicken salad into papaya ring and garnish with green onion.

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(Serves 4)

INGREDIENTS

2 boneless, skinless chicken breasts, cooked and cut into bite-sized pieces, or shredded

1 avocado

4 slices bacon, cooked and crumbled

1/4 crumbled blue cheese

1 large papaya, sliced into 1-inch thick rings (can use 2 smaller papayas halved) remove seeds

1-2 green onion, sliced very thin, save some for garnish and some for in salad

1 recipe of yogurt-lime dressing (below)

Leaf lettuce leaves for plate garnish