

# Hawaiian Barbecue Chicken Chopped Salad

Yield: 5 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/hawaiian-chinese-chicken-salad-dressing-recipe>

## Ingredients:

- 2 boneless skinless chicken breasts
- marinade Hawaiian BBQ, recipe below
- 4 cups romaine lettuce chopped
- 2 cups napa cabbage chopped
- 1 cup red cabbage chopped
- 1 cup grated carrot
- 1 cup pineapple diced, fresh or canned
- 1 cup mango diced fresh
- 1/2 cup green onions diced
- dressing Creamy Pineapple BBQ, recipe below
- toasted macadamia nuts or almonds, chopped
- 1 cup barbecue sauce regular or Hawaiian
- 1/4 cup pineapple juice
- 1 tablespoon rice vinegar
- 2 tablespoons soy sauce
- 1 clove garlic minced
- 1/4 cup plain greek yogurt
- 1/4 cup mayonnaise
- 1/4 cup pineapple juice
- 1/2 cup bbq sauce Hawaiian
- 1/2 teaspoon granulated garlic
- salt
- pepper
- honey

## Nutrition:

1. Calories: 380 calories

2. Carbohydrate: 54 grams
  3. Cholesterol: 55 milligrams
  4. Fat: 10 grams
  5. Fiber: 5 grams
  6. Protein: 20 grams
  7. SaturatedFat: 2 grams
  8. Sodium: 1530 milligrams
  9. Sugar: 36 grams
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