



Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Quarter **apple** and remove core. Cut into ½" slices. Combine **garlic oil** and **vinaigrette** in a mixing bowl. Toss **spinach**, **cherries**, and apple slices with garlic oil-vinaigrette. Garnish with **Parmesan** and **pecans**. Bon appétit!

Customize It Instructions

- If using **roasted chicken breast**, remove from packaging and microwave until warm, 1-2 minutes. Add to salad and combine.
- If using **chicken breasts**, pat dry, and season both sides with a pinch of **salt** and **pepper**. Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side. Add to salad as desired.
- If using **salmon fillets**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add salmon, skin side up, to hot pan and sear until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side. Add to salad as desired.

In your box

1 Granny Smith Apple
1 oz. Shaved Parmesan
1 oz. Dried Cherries
2 fl. oz. Zinfandel Vinaigrette
½ oz. Roasted Pecans
½ fl. oz. Garlic Oil
5 oz. Baby Spinach

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
12 oz. Fully Cooked Roasted Chicken Breast—Double Portion
12 oz. Salmon Fillets

*Contains: milk, tree nuts (pecans)

You will need

Mixing Bowl



Entrée Salads

Cherry and Apple Salad with Zinfandel Vinaigrette

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 322, Carbohydrates: 34g, Fat: 18g, Protein: 8g, Sodium: 800mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

5 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy