



Prep & Cook Time **5-10 min.** | Cook Within **5 days** | Difficulty Level **Easy** | Spice Level **Mild**



5 Minute Lunch

## Buffalo Chicken and Blue Cheese Salad

no cooking required

### In your box

2 Romaine Hearts  
6 oz. Roasted Chicken Breast  
2 tsp. Frank's RedHot Sauce  
4 oz. Grape Tomatoes  
2 oz. Blue Cheese  
3 oz. Ranch Dressing

### Prepare the Salad

- Thoroughly rinse produce and pat dry.
- Cut or tear **romaine lettuce**.
- Microwave **roasted chicken** until warmed, 1-2 minutes. Toss with **hot sauce** (to taste) in a bowl.
- Place romaine, chicken, **tomatoes**, and **blue cheese** in a bowl and toss with **dressing**. Bon appétit!

NUTRITION per serving Calories: 429, Carbohydrates: 16g,  
Fat: 33g, Protein: 27g, Sodium: 1251mg.  
CONTAINS milk, eggs, soy

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