



In your box

- 1 Fuji Apple
- 2 oz. Goat Cheese
- 5 oz. Baby Spinach
- 6 oz. Roasted Chicken Breast
- ½ oz. Sliced Almonds
- 3 fl. oz. Parmesan Peppercorn Dressing

Make the Salad

- Thoroughly rinse produce and pat dry.
- Microwave **roasted chicken** until warm, 1-2 minutes.
- Quarter **apple** and remove core. Cut into thin slices.
- Crumble **goat cheese** if needed.
- Place apple, **spinach**, roasted chicken, goat cheese, and **almonds** in a bowl and toss with **dressing**. Bon appétit!

Prep & Cook Time **5-10 min.** | Cook Within **5 days** | Difficulty Level **Easy** | Spice Level **Not Spicy**



5 Minute Lunch

Apple & Chicken Salad

no cooking required

NUTRITION per serving Calories: 507, Carbohydrates: 23g, Fat: 37g, Protein: 27g, Sodium: 1050mg.

CONTAINS milk, eggs, soy, tree nuts (almonds)

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