



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



5 Minute Lunch

Black and Blue Chicken Salad

no cooking required

In your box

2 Romaine Hearts
6 oz. Roasted Chicken Breast
1 Tbsp. Blackening Seasoning
2 oz. Blue Cheese
1 oz. Seasoned Croutons
3 oz. Ranch Dressing

Make the Salad

- Thoroughly rinse produce and pat dry.
- Cut or tear **romaine lettuce**.
- Microwave **roasted chicken** until warm, 1-2 minutes. Toss chicken with **seasoning**.
- Place romaine lettuce, **blue cheese**, **croutons**, and roasted chicken in a bowl and toss with **dressing**. Bon appétit!

NUTRITION per serving Calories: 501, Carbohydrates: 21g, Fat: 37g, Protein: 29g, Sodium: 1348mg.
CONTAINS milk, eggs, wheat, soy

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