## Chicken and Sun-Dried Tomato Brown Rice Bowl

**no cooking required**

### In your box

- 6 oz. Pre-Cooked Brown Rice
- 6 oz. Roasted Chicken Breast
- 2 oz. Baby Spinach
- 1 oz. Julienned Sun-Dried Tomatoes
- 3 fl. oz. Parmesan Peppercorn Dressing

### Make the Grain Bowl

- Thoroughly rinse produce and pat dry.
- Stir 1 Tbsp. water into brown rice and add roasted chicken. Cover, and microwave until warmed through, 1–2 minutes.
- Place brown rice, roasted chicken, spinach, and sun-dried tomatoes in a bowl and toss with dressing. Bon appétit!

### NUTRITION

- per serving: Calories: 417, Carbohydrates: 26g, Fat: 28g, Protein: 24g, Sodium: 933mg.

### CONTAINS

- milk, eggs, soy

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