



In your box

- 1 Ear of Corn
- 1 Red Onion
- 5 oz. Asparagus
- 2 Boneless Skinless Chicken Breasts
- 1 oz. Sour Cream
- ½ oz. Mayonnaise
- 2 Tbsp. Basil Pesto
- 1 tsp. Powdered Ranch Seasoning
- 5 oz. Baby Spinach
- ½ oz. Potato Sticks



Creamy Pesto Chicken Salad

with grilled corn and onion

NUTRITION per serving—Calories: 572, Carbohydrates: 24g, Fat: 33g, Protein: 44g, Sodium: 1665mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
5 days

Difficulty Level ● □ □ □
Easy

Spice Level □ □ □ □
Not Spicy

You will need

Olive Oil, Salt, Pepper

Grill Pan or Outdoor Grill, 2 Mixing Bowls

Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Heat a grill or grill pan over medium heat.
- Thoroughly rinse produce and pat dry



1

Prepare the Ingredients

- Peel husk off **corn**.
- Peel **onion** and slice into ¼” rounds.
- Trim woody ends off **asparagus**.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Grill the Chicken

- When using an outdoor grill with enough room, feel free to cook all elements at once.
- Drizzle **chicken** with 1 tsp. **olive oil**. Place chicken on hot grill and cook until charred and reaches a minimum internal temperature of 165 degrees, 6-8 minutes per side.
- Remove from grill and keep grill over medium heat.
- Let chicken rest 5 minutes, then slice into ¼” slices. Brush with **ranch-olive oil mixture** (made while chicken cooks).
- While chicken grills, make dressing.



3

Make Dressing and Ranch-Oil Mixture

- Combine **sour cream**, **mayonnaise**, **pesto**, 2 tsp. **water**, and a pinch of **salt** in a mixing bowl. Set aside.
- Combine **ranch seasoning**, 1 Tbsp. **olive oil**, and a pinch of **salt** in another mixing bowl. Set aside.



4

Grill the Vegetables

- Drizzle **vegetables** with 2 tsp. **olive oil**.
- Place corn on hot grill and turn occasionally until charred and tender, 3-5 minutes per side. Remove from grill.
- Place onion on hot grill and flip occasionally until charred and tender, 2-4 minutes per side. Remove from grill.
- Place asparagus on hot grill and turn occasionally until charred and tender, 1-3 minutes per side. Remove from grill.



5

Finish the Dish

- Once **corn** is cool enough to handle, carefully remove kernels from cob.
- Cut **asparagus** into 1” pieces.
- Add **spinach** and **chicken** to bowl with **dressing** and toss to coat.
- Plate dish as pictured on front of card, topping salad with **vegetables** and **potato sticks**. Bon appétit!