



### Make the Salad

- Thoroughly rinse produce and pat dry. Place spinach, arugula, goat cheese, walnuts, and dried cranberries in a mixing bowl and toss with dressing. Garnish with crispy beet strips. Bon appétit!

### Customize It Instructions

- If using chicken, pat dry. Season with  $\frac{1}{4}$  tsp. salt and a pinch of pepper. Don't worry about trimming. Excess fat will render while cooking and add flavor. Place a medium non-stick pan over medium-high heat and add 2 tsp. olive oil. Add chicken to hot pan and stir occasionally until chicken browns and reaches a minimum internal temperature of 165 degrees, 5-7 minutes. Serve on salad.
- If using flank steak, separate steak strips into a single layer and pat dry. Season with a pinch of salt and pepper. Heat a large non-stick pan over medium-high heat and add 2 tsp. olive oil. Add flank steak to hot pan and stir occasionally until no pink remains, 4-6 minutes. Serve on salad.
- If using roasted chicken breast, remove from packaging and microwave until warm, 1-2 minutes. Serve on salad.

#### In your box

- 1 oz. Goat Cheese
- 1 oz. Crispy Beet Strips
- 2 oz. Baby Arugula
- 2 oz. Baby Spinach
- 1 oz. Dried Cranberries
- 1 oz. Walnut Halves
- 3 fl. oz. Dijon Honey Mustard Dressing

#### Customize It Options

- 14 oz. Diced Chicken Thighs
- 12 oz. Fully Cooked Roasted Chicken Breast
- 10 oz. USDA Choice Sliced Flank Steak

\*Contains: milk, eggs, wheat, tree nuts (walnuts)

#### You will need

- Mixing Bowl



### Entrée Salads

## Cranberry & Goat Cheese Spinach Salad

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 420, Carbohydrates: 26g, Fat: 31g, Protein: 6g, Sodium: 338mg.

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

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

5-10 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy