



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



## Honey Mustard Chicken BLT Salad

no cooking required and 5 minute prep

### In your box

- 1 oz. Crumbled Bacon
- 4 oz. Grape Tomatoes
- 12 oz. Roasted Chicken Breast
- 2 Romaine Hearts
- 3 fl. oz. Honey Mustard Dressing
- ½ oz. Seasoned Croutons
- 1 oz. Shredded Cheddar-Jack Cheese

If using fresh produce or fruit, thoroughly rinse and pat dry

### Prepare the Salad

- Thoroughly rinse produce and pat dry.
- Halve **tomatoes**.
- Hold **romaine heart** at root end and chop coarsely.
- Microwave **chicken** until warm, 1-2 minutes.
- Line a plate with a paper towel. Spread **bacon** on towel-lined plate and microwave until crisp, 1-2 minutes.
- Place romaine, tomato, bacon, and chicken in a bowl and toss with **dressing**. Garnish with **cheese** and **croutons**. Bon appétit!

NUTRITION per serving Calories: 601, Carbohydrates: 25g, Fat: 33g, Protein: 41g, Sodium: 1418mg.

CONTAINS milk, eggs, wheat, soy

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