



Make the Salad

- Thoroughly rinse produce and pat dry. Quarter apple and remove core. Cut into ¼" slices. Place spinach, apples, walnuts, and cheese in a bowl and toss with dressing. Garnish with cranberries and croutons. Bon appétit!

Customize It Instructions

- If using chicken, pat dry and cut into 1" dice. Season with a pinch of salt and pepper. 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.
- If using shrimp, pat dry and season with a pinch of salt and pepper. Heat 1 tsp. olive oil in a large non-stick pan over medium-high heat. Add shrimp to hot pan and cook undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes..
- If using roasted chicken breast, remove from packaging and microwave until warm, 1-2 minutes.

In your box

- 1 Fuji Apple
- 3 fl. oz. Parmesan Peppercorn Dressing
- 5 oz. Baby Spinach
- ½ oz. Seasoned Croutons
- 2 oz. Shaved Parmesan
- 1 oz. Dried Cranberries
- 1 oz. Walnut Halves

Customize It Options

- 12 oz. Roasted Chicken Breast
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 8 oz. Shrimp

*Contains: milk, eggs, wheat, soy, tree nuts (walnuts), shellfish (shrimp)



Entrée Salads

Waldorf Salad with Apples and Dried Cranberries

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 588, Carbohydrates: 34g, Fat: 43g, Protein: 15g, Sodium: 743mg.

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