



Make the Salad

- Thoroughly rinse produce and pat dry. Combine pesto and sour cream. Place spring mix, red onion, and tomatoes in a bowl and toss with pesto-sour cream mixture. Garnish with pistachios and Parmesan. 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 salmon, pat dry and season flesh side with a pinch of salt and pepper. Place a medium non-stick pan over medium heat and add 2 tsp. olive oil. Add salmon, skin side up, to hot pan and sear until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side. Flake at the end.
- If using roasted chicken breast, remove from packaging and microwave until warm, 1-2 minutes.

In your box

2 oz. Sliced Red Onion
0¾ oz. Roasted Pistachios
2 oz. Sour Cream
1 oz. Shaved Parmesan
5 oz. Spring Mix
4 oz. Grape Tomatoes
3 Tbsp. Basil Pesto

Customize It Options

12 oz. Roasted Chicken Breast
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
12 oz. Salmon Fillets

*Contains: milk, tree nuts (pistachios), fish (salmon)



Entrée Salads

Green Goddess Salad

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 270, Carbohydrates: 16g, Fat: 19g, Protein: 11g, Sodium: 346mg.

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