



### Make the Salad

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

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

#### Customize It Options

- 12 oz. Roasted Chicken Breast
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets

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



### 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