



### Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Coarsely chop **almonds**. Halve **pear** lengthwise, core, and cut into ¼" slices. In a large mixing bowl, mix **pesto** and **dressing**. Add **spring mix** and thoroughly combine. Top with **cranberries**, pear, almonds, and **blue cheese** (to taste). Bon appétit!

### Customize It Instructions

- If using **diced chicken**, pat dry and 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

- 5 oz. Spring Mix
- 2 Tbsp. Basil Pesto
- 1 oz. Dried Cranberries
- 1 Bosc Pear
- 2 fl. oz. Creamy Italian Dressing
- 1 oz. Blue Cheese
- 1 oz. Smoked Almonds

### Customize It Options

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

\*Contains: milk, eggs, soy, tree nuts (almonds), shellfish (shrimp)



### Entrée Salads

## Creamy Pesto and Blue Cheese Salad

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 465, Carbohydrates: 34g, Fat: 34g, Protein: 6g, Sodium: 582mg.

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