



### Make the Salad

- Thoroughly rinse produce and pat dry. Quarter apple and remove core. Cut into ½" slices. Peel and halve shallot. Slice thinly. Place spinach, apples, cherries, walnuts, and shallot (to taste) in a bowl and toss with vinaigrette. Garnish with goat cheese. Bon appétit!

### Customize It Instructions

- If using roasted chicken breast, remove from packaging and microwave until warm, 1-2 minutes. Serve on salad.
- If using chicken, pat dry and cut into 1" dice. Season with ¼ tsp. salt and a pinch of 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. Serve on salad.

### In your box

- 1 oz. Goat Cheese
- 1 oz. Dried Cherries
- 5 oz. Baby Spinach
- 3 fl. oz. Sherry Shallot Vinaigrette
- 1 Shallot
- 1 Gala Apple
- 1 oz. Walnut Halves

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Fully Cooked Roasted Chicken Breast

\*Contains: milk, tree nuts (walnuts)



### Entrée Salads

## Apple Cherry Spinach Salad with Goat Cheese

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 470, Carbohydrates: 35g, Fat: 34g, Protein: 7g, Sodium: 232mg.

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