



In your box

- 1 oz. Dried Cranberries
- 1 oz. Pecans
- 1 oz. Shredded White Cheddar Cheese
- 1 Fuji Apple
- 2 fl. oz. Sherry Shallot Vinaigrette
- 5 oz. Spring Mix

Customize It Options

- 12 oz. Fully Cooked Roasted Chicken Breast
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets

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

Make the Salad

- Thoroughly rinse produce and pat dry. Quarter apple and remove core. Cut into ½" slices. Toss spring mix and apple with dressing. Garnish with pecans, cranberries, and cheese. Bon appétit!

Customize It Instructions

- If using roasted chicken breast, remove from packaging. Place in a microwave-safe bowl and microwave until warm, 1-2 minutes. Add chicken to salad and toss to combine.
- If using salmon, pat dry and season flesh side with ¼ tsp. salt and a pinch 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 salmon and serve on salad.
- If using chicken breasts, pat dry and season both sides with pinch of salt and pepper. Place a medium non-stick pan over medium heat and add 1 tsp. olive oil. Add chicken to hot pan and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side. Slice chicken into ½" pieces and serve on salad.



Entrée Salads

Cranberry, Pecan, and Apple Salad

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 408, Carbohydrates: 32g, Fat: 28g, Protein: 7g, Sodium: 199mg.

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

7 days

Difficulty Level

Easy

Spice Level

Not Spicy