



In your box

3 fl. oz. Sweet Vidalia Onion Dressing
1 oz. Walnut Halves
5 oz. Spring Mix
4 oz. Shredded Brussels Sprouts
1 oz. Blue Cheese
½ oz. Dried Cranberries

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
12 oz. Fully Cooked Roasted Chicken Breast—Double Portion
12 oz. Fully Cooked Beef Steak Strips—Double Portion

*Contains: milk, wheat, soy, tree nuts (walnuts)

Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Toss **spring mix**, **Brussels sprouts**, **blue cheese** (to taste), and **dressing** in mixing bowl until combined. Garnish with **cranberries** and **walnuts**. Bon appétit!

Customize It Instructions

- If using **roasted chicken breast**, remove from packaging and microwave until warm, 1-2 minutes. Add to salad and combine.
- If using **cooked beef steak strips**, remove from packaging and microwave until warm, 1-2 minutes. Add to salad and combine.
- If using **chicken breasts**, pat dry and season both sides with a pinch of **salt** and **pepper**. Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side. Cut into ¼" slices, and add to salad.



Entrée Salads

Walnut and Cranberry Salad with Blue Cheese and Sweet Onion Dressing

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 400, Carbohydrates: 30g, Fat: 27g, Protein: 8g, Sodium: 402mg.

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 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy