



Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Quarter **apple** and remove core. Cut into ½" slices. Peel and halve **shallot**. Slice thinly. Toss **baby spinach**, apples, **cherries**, **walnuts**, and shallot (to taste) with **vinaigrette**. Garnish with **goat cheese** (crumbling with your hands if necessary). 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 **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. Add to salad as desired.

In your box

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

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
12 oz. Double Portion-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 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy