



Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Remove **grapefruit slices** from container. Reserve **grapefruit syrup**. Trim **cucumbers** and thinly slice into rounds. In a mixing bowl, combine **dressing** and 1 Tbsp. grapefruit syrup. Toss or gently combine **spring mix**, cucumbers, and grapefruit slices with grapefruit syrup-dressing mixture. Garnish with **almonds** and **cheese**. Bon appétit!

Customize It Instructions

- 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. Add to salad as desired.
- If using **wild-caught salmon**, pat dry, and season flesh side with a pinch of **salt** and **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 cook until golden-brown and salmon reaches desired doneness, 2-3 minutes per side for medium-rare. *Consuming raw or undercooked salmon may increase your risk for food-borne illness.*

In your box

5 oz. Spring Mix
3 fl. oz. Poppyseed Dressing
2 Persian Cucumbers
1 oz. Feta Cheese Crumbles
1 oz. Roasted Sliced Almonds
7 oz. Red Grapefruit in Extra Light Syrup

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
13 ½ oz. Organic Boneless Skinless Chicken Breasts
12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets

*Contains: milk, eggs, tree nuts (almonds)

You will need

Mixing Bowl



Entrée Salads

Grapefruit, Feta, and Cucumber Salad with Poppyseed Dressing

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 309, Carbohydrates: 24g, Fat: 23g, Protein: 9g, Sodium: 521mg.

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