



## Spinach Salad with Shredded Chicken and Roasted Acorn Squash

**Active Time:** 15 minutes | **Total Time:** 25 minutes | **Serves:** 2

### Nutrition Information Per Serving

306.9 calories, 15.49 g carbohydrate, 3.15 g fiber, 12.34 g NET carbs, 24.28 g protein, 16.87 g fat

### Ingredients

- 1/2 tsp(s) Real Salt
- 1 medium organic red onion, sliced
- 1/2 tsp(s) honey
- 1 cup cooked and shredded organic chicken breast
- 1/2 tsp(s) fresh ground pepper, to taste
- 2 Tbsp(s) olive oil
- 3 cup(s) organic baby spinach
- 1 Tbsp champagne vinegar
- 1 cup cubes organic acorn squash
- 1/2 tsp(s) organic Dijon mustard

### Preparation

1. Preheat oven to 400 degrees F.
2. Toss the squash with 1/2 tablespoon olive oil and a pinch of salt and pepper.
3. Lay on a baking sheet and roast until tender and lightly browned.
4. Add the remaining oil, vinegar, mustard and honey in a large bowl and whisk well.
5. Add the spinach, onions, and chicken and toss well.
6. Serve topped with the warmed squash.

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