



## Loaded Chopped Chicken Salad

**Active Time:** 10 minutes | **Total Time:** 20 minutes | **Serves:** 1

### Nutrition Information Per Serving

536 calories, 21.37 g carbohydrate, 7.37 g fiber, 14 g NET carbs, 37.26 g protein, 34.72 g fat

#### Ingredients

- 1/2 tsp(s) Real Salt
- 1/2 medium(s) organic cucumber, sliced
- 1 cup shredded organic Romaine lettuce
- 1 medium organic red onion, sliced
- 1/2 cup(s) chopped and cooked organic chicken breast
- 1/2 tsp(s) fresh ground pepper, to taste
- 1 cup organic baby spinach leaves
- 1/4 cup(s) organic blue cheese crumbles
- 1 Tbsp red wine vinegar
- 1 large pastured egg, hard-boiled
- 1 Tbsp extra virgin olive oil
- 1/2 tsp(s) organic Dijon Mustard
- 1/4 cup(s) organic sliced almonds

#### Preparation

1. Combine all of the vegetables, almonds, egg, and chicken in a bowl.
2. Toss well.
3. Whisk the olive oil, vinegar, and mustard in a small bowl with a pinch of salt and pepper.
4. Drizzle over the salad and sprinkle with the blue cheese.

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