



Apple, Cheddar Spinach Salad with Shredded Chicken

Active Time: 5 minutes | **Total Time:** 10 minutes | **Serves:** 1

Nutrition Information Per Serving

698.5 calories, 25.86 g carbohydrate, 5.44 g fiber, 20.42 g NET carbs, 53.06 g protein, 42.8 g fat

Ingredients

- 1 ounce Organic Valley Grassmilk Cheese Raw Cheddar
- 1 small organic apple, cored and sliced
- 1/4 small(s) small red onion, thinly sliced
- 1/4 tsp(s) raw honey
- 1 cup cooked and shredded organic chicken breast
- 2 Tbsp(s) extra virgin olive oil
- 2 cup(s) organic baby spinach
- 1 Tbsp red wine vinegar
- 1 1/2 tsp(s) organic Dijon mustard

Preparation

1. Put the spinach, apple, and onion in a bowl and toss.
2. Whisk the olive oil with the vinegar, mustard, and honey.
3. Drizzle over the salad and top with the chicken and cheddar before serving.

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