



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.

This free recipe cannot be redistributed without prior permission from MealGenius.com. If you have obtained this recipe from any source other than MealGenius.com please contact us.