

SOUPS & SALADS

DECONSTRUCTED ROTISSERIE CHICKEN & BLEU CHEESE SALAD

This easy to assemble salad is great to make ahead for lunches. Tender mixed greens are topped with sweet and tangy ingredients that will feel oh so satisfying. Make sure to keep your dressing in another container so it tastes fresh and crunchy.

SERVINGS:

4 people

PREP TIME:

10 minutes

COOK TIME:

10 minutes

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- [ ] 1/3 cup olive oil
- [ ] ¼ cup lemon juice
- [ ] pinch of salt

SALAD:

- [ ] 8 cups mixed greens
- [ ] 1 medium Granny Smith apple
- [ ] 3 cups of shredded rotisserie chicken
- [ ] ½ cup bleu cheese or feta
- [ ] 1/3 cup candied (or toasted) walnuts, broken apart
- [ ] ¼ cup thinly sliced red onions
- [ ] 4 slices of bread

INSTRUCTIONS:

1. Mix olive oil, lemon juice, and salt in a small mixing bowl. Set aside.

2. Chop apple into ½ inch pieces, set aside.

3. Set up 4 meal prep containers next to each other. Pile 2 cups greens into each meal prep container, then divide apple, chicken, cheese, red onions, and walnuts between containers. Place a slice of bread in container or in a separate bag.

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