

# Waldorf Salad with Grilled Chicken

We're putting a Meez spin on a Waldorf salad this week. We love the sweet, crunchy, creaminess that is a classic Waldorf, but wanted something that felt more like a dinner. We added fresh broccoli and carrots, and Grilled Chicken, complimented by the traditional crisp apples, and plenty of raisins and nuts. The result is a dinner that's even better than the inspiration.

**20** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Sauté Pan  
Large Mixing Bowl  
Shallow Plate

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast  
Broccoli and Carrots  
Gala Apple  
Pecans and Raisins  
Yogurt Dressing  
Onions

## Make The Meal Your Own

**Leftovers from this dish** make a great sandwich the next day. Put the leftovers in pita bread and top with a little leftover dressing.

**Our free-range chickens thrive on an all-natural diet.** They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

## Good To Know

**Health snapshot per serving** – 745 Calories, 66g Protein, 35g Fat, 220mg Sodium, 52g Carbs, and 22 Smart Points.

**Lightened Up snapshot per serving** - 530 Calories, 62g Protein, 19g Fat, 180mg Sodium, 35g Carbs, and 14 Smart Points with half the dressing, raisins and nuts.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Free-Range Chicken, Broccoli, Apple, Greek Yogurt, Mayonnaise, Raisins, Pecans, Carrots, Onions, Sugar, Lemon Juice

**meez***meals*

## 1. Prep the Chicken

Place the **Chicken Breasts** on a shallow plate and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). Coat the chicken with one quarter of the **Yogurt Dressing** and let marinate for 5-10 minutes. Use just enough dressing to lightly coat the chicken. Do not use the dressing after marinating.

*The longer you marinate the chicken the more tender it will be to eat.*

## 2. Make the Salad

While the chicken is marinating, put the **Broccoli and Carrots, Onions** and the **Pecans and Raisins** in a large mixing bowl. Cut the **Gala Apple** into quarter inch to half inch slices, but make sure to remove the core. Add to the broccoli and carrots and toss with half of the remaining yogurt dressing. Salt and pepper to taste, and put in refrigerator until the chicken is cooked.

*Remove core by cutting the apple on 4 sides. Slice each side into ½" slices, then rotate each side 90 degrees and cut again in ½" slices.*

## 3. Cooking the Chicken

Heat a large sauté pan with 1-Tbsp of olive oil on medium high heat. Add marinated chicken to the pan and cook for 3-4 minutes. You want the chicken to get crisp and brown on each side. Turn the chicken over and cook for another 3-4 minutes. Once chicken is cooked, place on cutting board to rest for 5 minutes.

*When you put chicken in pan, just leave it so you get the crispy brown bits which are a big part of the flavor.*

## 4. Putting It All Together

Slice the chicken in about half inch slices. Put the sliced chicken on top of the salad. Top with remaining dressing. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**