

## Citrus Chicken Salad with Cranberry Goat Cheese

Our mango and lime vinaigrette transforms the humble chicken salad into something really special. With fresh squash noodles, spinach, arugula and cranberry-pecan goat cheese, this dinner tastes like high-end dining but is on your table in just 15 minutes.

### Getting Organized

#### EQUIPMENT

- Large Skillet
- Large Mixing Bowl
- Small Mixing Bowl

#### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

#### 6 MEEZ CONTAINERS

- Chicken Breast
- Goat Cheese
- Cranberries & Toasted Pecans
- Squash Noodles
- Spinach & Arugula
- Citrus Vinaigrette

### Make The Meal Your Own

**Our cage-free 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** – 570 Calories, 71g Protein, 16g Fat, 40g Carbs, and 10 Freestyle Points.

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

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

INGREDIENTS: Chicken Breast, Yellow Squash, Zucchini, Spinach, Arugula, Goat Cheese, Cranberries, Pecans, Lime, Mango, Maple Syrup.

**meez***meals*

### 1. Cook the Chicken

Pat dry the **Chicken Breasts** with a paper towel and sprinkle with salt and pepper. Heat a large skillet with 1½ Tbsp of olive oil over medium-high heat. When the oil is hot, add the chicken and cook until it is crisp and brown, about 4 to 5 minutes. Turn the chicken over and cook until the other side is brown as well, about 4 additional minutes. Remove from the heat and set aside to rest.

Once the chicken has rested for at least 5 minutes, cut into strips about ¼ to ½ inch wide.

### 2. Assemble the Salad

While the chicken is resting, combine the **Goat Cheese** with half the **Cranberries & Toasted Pecans** in a large mixing bowl and mix well, then use your hands to break up the mixture into marble sized pieces.

Pat dry the **Squash Noodles** and add them to the mixing bowl along with the **Spinach & Arugula** and the sliced chicken.

Combine the **Citrus Vinaigrette** with 1 Tbsp olive oil in a small bowl and mix well. Pour half the dressing in the large mixing bowl and toss well.

### 3. Serve

Transfer to serving bowls and top with the remaining Cranberries and Toasted Pecans and drizzle additional dressing to taste. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**