

# Honey Mustard Grilled Chicken Salad

This is the summer salad you've been waiting for. With tender, juicy chicken breast, grapes, cranberries, spinach, arugula, and a slightly sweet honey mustard dressing, it's the perfect dinner for a hot summer night.

**20** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Chicken Breast
- Salad Greens
- Honey Mustard Dressing
- Grapes
- Almonds
- Celery, Radish & Cranberries

## Good To Know

If you ordered the **Carb Conscious version**, we sent you red peppers instead of the grapes. With this change and using half the dressing, it reduces the **carbs per serving to 35g**. Use the red peppers in place of the grapes in step 3.

**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.

**Health snapshot per serving** – 620 Calories, 48g Protein, 28g Fat, 50g Carbs, and 17 Freestyle Points.

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

**SCAN QR CODE  
to view  
YouTube  
cooking video**



INGREDIENTS: Chicken Breast, Spinach, Arugula, Grapes, Almonds, Celery, Red Radish, Cranberries, Dijon Mustard, Whole Grain Mustard, Honey, Apple Cider Vinegar, Kosher Salt, Vegetable Oil.

**meez** *meals*

### 1. Cook the Chicken

Pat dry the **Chicken Breasts** 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).

Heat a large skillet with 1 Tbsp of olive oil over medium-high heat. Add the Chicken Breast to the skillet, and cook until crisp and brown, about 4 minutes, then turn. Cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Once the chicken has rested, cut into ½" slices.

### 2. Toss the Chicken and Greens with the Dressing

Toss the sliced chicken, **Salad Greens**, and **Honey Mustard Dressing** in a large mixing bowl.

### 3. Put It All Together

Transfer the honey mustard coated chicken and salad greens to serving bowls and top with the **Grapes, Almonds**, and **Celery, Radish & Cranberries**. Enjoy!

*Love this recipe? #meezmagic*

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