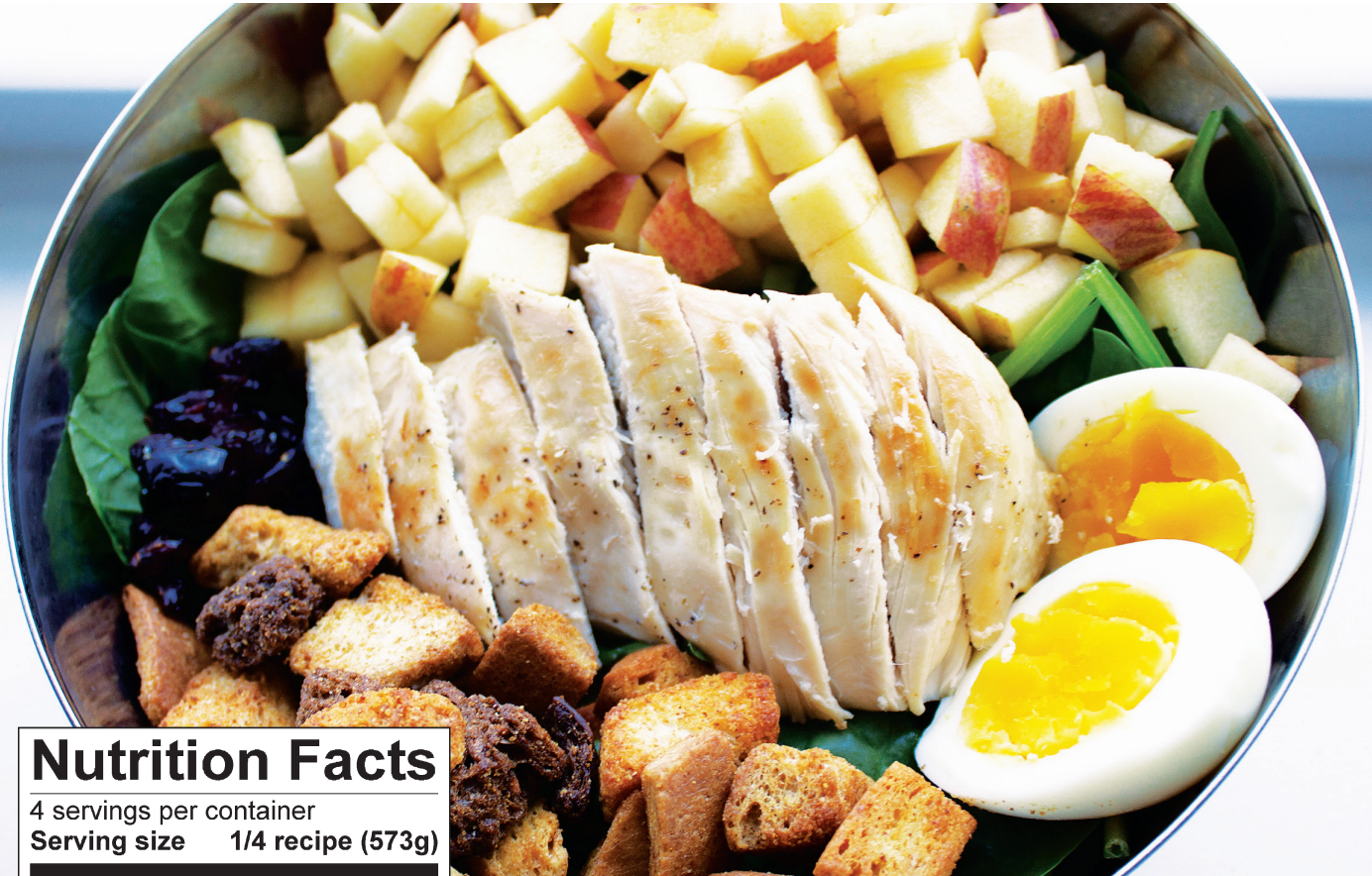


# Hearty Spinach Salad

Prep time: **20 MINUTES**

Cook time: **30 MINUTES**

Servings: **4**



## Nutrition Facts

4 servings per container  
Serving size **1/4 recipe (573g)**

Amount per serving  
**Calories 620**

% Daily Value\*

<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 305mg	<b>102%</b>
<b>Sodium</b> 760mg	<b>33%</b>
<b>Total Carbohydrate</b> 62g	<b>23%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 42g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 49g	
Vitamin D 2mcg	10%
Calcium 143mg	10%
Iron 5mg	30%
Potassium 794mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code for a video of how to make this recipe!



## Ingredients:

- 4 (6-ounce) boneless, skinless chicken breasts
- 4 large eggs
- ¼ teaspoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon olive oil
- 2 medium apples
- 8 cups fresh spinach
- ½ cup dried sweetened cranberries
- 1 cup croutons
- ½ cup lite poppy seed dressing
- 1 teaspoon garlic powder
- 1 cup strawberries
- 1 cup blueberries

Recipe adapted from USDA Mixing Bowl

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**slice & spice**  
dinner time is family time

**Walmart** **org**



# Instructions:



## 1. Preheat

Preheat oven to 400°F.



## 2. Season and cook chicken

Place chicken on a baking sheet lined with foil or parchment paper. Season chicken with olive oil, salt, and ground black pepper. Bake chicken breasts in the oven for 30 minutes until the internal temperature is 165°F. Allow chicken to cool, then cut into slices.



## 3. Cook eggs

While chicken is cooking, place eggs in a pot and cover with room temperature water by 1 inch. Bring to a boil over medium-high heat, then cover and remove from heat. Set aside for 10 minutes.



## 4. Peel and slice eggs

Remove the eggs from the water using a spoon and place in a bowl with water and ice to cool. Peel and slice the cooled eggs.



## 5. Prep produce

Rinse and dry the apples, strawberries, blueberries, and spinach thoroughly while chicken and eggs are cooking. Remove the apples' core and cut it into medium dice. Remove the strawberry leaves and cut them into quarters. Set aside.

## 6. Final touches

Plate the spinach and top with fresh fruits, an egg, chicken breast, dried cranberries, and croutons. Drizzle with the dressing.

## Did you know ?

- » Spend less time in the kitchen by preheating the oven while preparing the ingredients!
- » Put the eggs in cold water to peel them more easily.

## Try these tips!

- » Swap the spinach with your favorite leafy greens like lettuce and kale.
- » Add some roasted chickpeas for more protein and crunch!