

Apple Balsamic Chicken Salad Shaker

Pierce® Diced Chicken Strips (1230) combined with apples, cranberries and sunflower seeds in a fresh and filling salad shaker makes an exciting option for grab n' go or summer meals.



YIELD

1 salad (multiply as needed)

MENU FIT/DAYPART

Lunch/Summer

COMPONENTS

2oz eq M/MA

1/2 cup dark green vegetable

3/8 cup fruit

DIFFICULTY

Easier

ALLERGENS

Dairy

INGREDIENTS AND PREPARATION

1 serving (2.72 oz) Pierce Diced Chicken Strips (1230)

1 ounce Balsamic dressing

1/8 cup diced apple

2 tablespoons dried cranberries

1 tablespoon shredded low-fat mozzarella or white cheddar cheese

1 cup baby spinach

1 tablespoon unsalted sunflower seed kernals

1. Preheat oven to 350°F. Place frozen chicken patties in a single layer on an ungreased baking pan. Bake for 32-35 minutes in a conventional oven or 18-20 minutes in a convection oven or until internal temperature reaches 165 ° F. Cool to 41 ° F.
2. Sprinkle diced apple with lemon juice and water or pineapple juice to prevent browning.
3. Place 1 ounce of dressing in bottom of a 16-ounce cup.
4. Layer salad ingredients on top of dressing in this order: chicken (#8 spoodle/4oz), diced apple, dried cranberries, cheese, spinach and sunflower seeds. Place domed lid on container. Hold for cold service at 41 ° F.

Serving Suggestions: Serve with a whole wheat breadstick or muffin, a banana and milk. This recipe can also be served in a serving boat or tray.

Nutrition Facts	
Serving Size (204g) (1 salad)	
Amount Per Serving	
Calories 260	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 730mg	30%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 24g	
Vitamin A 70%	Vitamin C 30%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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