

# Farmer's Chopped Salad with Veggie Power Blend

## Servings

2

## Calories

690

## Prep Time

15 minutes

## Total Time

15 minutes

## Skill Level

Difficult

## Ingredients

- 4 ounces rotisserie chicken, shredded
- 2 cups Mann's Veggie Power Blend™
- ¼ cup cherry tomatoes, halved
- 1 tablespoon dried blueberries
- 1 tablespoon goat cheese, crumbled
- ¾ cup almonds, sliced, toasted
- 1 cup Mann's Arcadian Harvest salad blend
- ½ cup Cornbread Croutons (recipe below)
- 3 tablespoons Rosemary Lemon Vinaigrette (recipe below)



### Cornbread Croutons

- 6 cups prepared cornbread, large dice
- 6 tablespoons olive oil

### Rosemary Lemon Vinaigrette

- 1 cup olive oil
- ¼ cup lemon juice
- ¼ cup white wine vinegar
- 1 teaspoon salt
- ¼ teaspoon black pepper, ground
- 2 tablespoons honey
- 2 tablespoons fresh rosemary, chopped



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## The Method

In a bowl combine chicken, Mann's Veggie Power Blend <sup>™</sup>, cherry tomatoes, dried blueberries, goat cheese crumbles, toasted almonds, and Mann's Arcadian Harvest. Toss with rosemary lemon dressing and garnish with cornbread croutons.

### For croutons:

In a 1-quart work bowl, combine cornbread and olive oil tossing gently to coat. Bake at 350°F for 4 to 6 minutes or until croutons are crisp and lightly browned.

### For vinaigrette:

Whisk all ingredients together in a bowl to combine well.

### Nutrition Facts

Serving Size: 298g | Servings: 2

### Amount Per Serving

Calories 690 | Total Fat 52g (sat 8g trans 0g) | Cholesterol 100mg | Sodium 740mg | Total Carbohydrate 36g | Dietary Fiber 7g  
Sugars 13g | Protein 25g | Vitamin D 0% | Calcium 15% | Iron 15% | Potassium 15%