



THURSDAY

THAW Kofta Burgers

APPLE RADISH CHICKEN SALAD

Cost per serving \$3.81

PREP 10 min SERVES 4

- 1 bag Herb Chicken Breasts (from Sunday prep)
- 8 cups Longo's Mixed Salad Greens
- 2 green apples, cored and sliced
- 4 radishes, thinly sliced

DRESSING

- 1/2 cup Longo's Balsamic Herb Bread Dipper
- 1 tbsp each chopped Longo's Fresh Basil and Mint
- 1/4 tsp each salt and pepper

GRILL chicken over greased medium grill for about 12 minutes, turning once or until no longer pink inside. Slice thinly; set aside.

COMBINE greens, apples and radishes in large bowl. Top with chicken.

DRESSING: Whisk together balsamic bread dipper, basil, mint, salt and pepper. Toss with salad and serve.

PER SERVING: 461 calories; 30 g protein; 28 g fat; 21 g carbohydrate; 3 g fibre; 14 g sugars; 446 mg sodium