

FAST AND FABULOUS SUMMER SALADS

WILD PLANET CHICKEN WALDORF SALAD



Makes 2 servings

Ingredients

1 can (5oz) Wild Planet Organic Roasted Chicken Breast
1/4 cup quartered red grapes
2 Tbsp chopped Granny Smith apple
1 Tsp finely chopped celery
1 Tsp chopped almonds
2 Tbsp Avocado Oil Mayo
Freshly ground pepper and salt, to taste.

Instructions

Remove Wild Planet Organic Roast Chicken Breast from can and place in a bowl. Reserve can juices for another use*. Lightly flake chicken breast with a fork, creating bite size pieces. Add red grapes, Granny Smith apple, celery and almonds to chicken pieces. In a separate bowl, whisk together Greek yogurt and mayonnaise. Pour over chicken. Stir gently to combine. Season with ground pepper, serve.

*Note: each can of Wild Planet Organic Roasted Chicken Breast will contain about two tablespoons of pure, natural chicken broth. This can be saved in a sealed container in the refrigerator or freezer for a number of other uses.

WILD PLANET CHICKEN AVOCADO SALAD



Makes 2 servings

Ingredients

1 can (5oz) Wild Planet Organic Roasted Chicken Breast
1/2 avocado, flesh removed and cut into 1/2" chunks.
1/4 cup quartered grape tomatoes
1 Tbsp plain Greek yogurt
1 Tbsp lime juice
1/2 tsp lime zest
1 tsp chopped fresh cilantro
freshly ground pepper, to taste.

Instructions

Remove Wild Planet Organic Roast Chicken Breast from can and place in a bowl. Reserve can juices for another use*. Lightly flake chicken breast with a fork, creating bite size pieces. Add avocado chunks, grape tomatoes, toss lightly to combine. In a separate bowl, whisk together Greek yogurt and lime juice. Pour over chicken, stir gently to combine all ingredients. Add lime zest, cilantro and ground pepper. Toss gently and serve.

*Note: each can of Wild Planet Organic Roasted Chicken Breast will contain about two tablespoons of pure, natural chicken broth. This can be saved in a sealed container in the refrigerator or freezer for a number of other uses.

WILD PLANET ORGANIC ROASTED CHICKEN BREAST

Skinless, boneless chicken roasted right in the can!

Our new Organic Roasted Chicken is pure skinless, boneless chicken breast meat, roasted right in the can with only a touch of sea salt. Never injected with water, modifying starches or other fillers, this moist, meaty and very flavorful chicken is delicious straight from the can, or perfect for chicken salad, burritos, or as an addition to soups. Quick, easy and versatile, this is the chicken you'll reach for over and over again for a meal or a snack.



- Available in a 5oz can
- USDA certified organic free range chicken
- The chickens are Certified Humane Raised and Handled® – certifiedhumane.org
- Roasted in the can without added water or liquids, resulting in delicious rotisserie taste
- Flavorful natural juices remain with the chicken to mix back in for serving
- No need to drain – 100% chicken in its own juice, compared to other canned chicken, which usually contains up to 40% water and often, processing additives
- No BPA used in can lining
- Ingredients: Organic chicken breast and sea salt

Nutrition Facts		Amount Per Serving	% DV*	Amount Per Serving	% DV*
Serving Size	2oz (56g)	Total Fat	1g	Sodium	260mg
Servings Per Container	2.5	Saturated Fat	0g	Total Carb.	0g
Calories	60	Trans Fat	0g	Protein	12g
Calories from Fat	10	Cholesterol	20mg		24%
*Percent Daily Values (DV) are based on a 2000 calorie diet.		Vitamin A	0%	Vitamin C 0% • Calcium 0% • Iron 2%	
		*Not a significant source of fiber and sugars.			