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Monday

Reheat chicken and vegetables.
Toss salad. Serve with side salad.

Cost per Serving
\$4.67

Roast Chicken and Vegetables with Side Salad

INGREDIENTS

1 pkg (300 g) Longo's Spring Mix

DIRECTIONS

TOSS Longo's salad greens with your favourite salad dressing or Longo's Extra virgin olive oil and Longo's Balsamic Vinegar.

Per serving (2 pieces of chicken with vegetables):
678 calories; 58 g protein; 44 g fat;
11 g carbohydrate; 4 g fibre; 4 g sugars;
422 mg sodium.