

Feta Superfood Salad - Larissa Masson, Brandon, MB

Serves: 4-6

Prep Time: 20 Minutes

Ingredients:

- 2 mL of Fresh spinach
- 1 mL of Dried cranberries
- 1 mL of Raspberries, blueberries or saskatoons (optional)
- 1 mL of Sliced mushrooms
- 1 mL of Cucumbers
- 1 mL of Snap peas
- 1 mL of Celery Salt
- 1 mL of Fresh ground pepper
- 1 mL of Garlic Sea Salt
- 1 mL of Parsley
- 1 mL of Purple Onion
- 4 mL of (Optional) Cooked grass-fed chicken breast
- 4 mL of (Optional) CheezMade® Chickenless Nuggets
- 3 mL of Tre Stelle Feta



Recipe Instructions:

- Begin by preparing ingredients. Wash and cut to preference spinach, onion, cucumber, mushrooms, celery, snap peas.
- Place spinach in salad bowl, add cranberries and purple onion. Add remaining vegetables. Include spices; Celery salt, freshly ground pepper, garlic sea salt, and parsley. Spice to preferred taste.
- Add Tre Stelle Feta. Optional Protein Addition: Choose to add 100g of diced, cooked chicken breast OR Meat-less Protein CheezMade® Chickenless Nuggets, cooked as per label instructions.