

Chicken Quinoa Berry Salad

Just Bare® Chris P. fillet (777516) on top of a fresh salad mix of kale and dark greens, sliced strawberries, blackberries and sprinkled with sliced almonds and a sprinkle of feta.



YIELD

100 servings

MENU FIT/DAYPART

Lunch

COMPONENTS

2oz eq M/MA

1 oz grain

1/4 cup fruit

1 cup dark green

vegetable

DIFFICULTY

Easier

ALLERGENS

milk, wheat

INGREDIENTS AND PREPARATION

100 servings (4oz patty each) Just Bare Chris P. Chicken Breast Fillet (777516)

11.6 pounds kale, washed, dried and chopped into bite-sized pieces

18.8 pounds dark leafy green salad mix (like Spring Mix)

3.8 pounds dry quinoa

4.8 pounds strawberries, sliced

4.25 pounds blackberries

6.25 cups sliced or chopped almonds (1 tbsp/serving)

6.3 pounds feta, crumbled

12.5 cups poppyseed dressing

1. Preheat oven to 350°F. Arrange chicken pieces in a single layer on an ungreased baking pan. Bake for 30 minutes in a conventional oven or 20 minutes in a convection oven or until product reaches 165° F. Once cooled, slice into strips. Keep cool until service.
2. Meanwhile, prepare kale and berries. Cook quinoa according to package directions and cool.
3. To prepare each salad, make a base of greens (1 cup kale and 1 cup salad mix) and top with cooked and cooled quinoa and sliced chicken. Sprinkle each salad with sliced strawberries, blackberries, crumbled feta and almonds.
4. Serve each salad with 1 oz of poppyseed dressing.

Nutrition Facts	
Serving Size (379g) (1 salad)	
Amount Per Serving	
Calories 610	Calories from Fat 270
% Daily Value*	
Total Fat 30g	46%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 890mg	37%
Total Carbohydrate 55g	18%
Dietary Fiber 9g	36%
Sugars 14g	
Protein 31g	
Vitamin A 50%	Vitamin C 70%
Calcium 25%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Serving Suggestions: Serve with fruit salad and milk. This recipe can be served on plates or in to-go containers for a grab n' go option. Use a variety of fruits depending on the season and availability. Use a regular or strawberry poppyseed dressing.



Get the products and support trusted by so many. Talk to your representative today:
Call 800.336.9876 or visit GoldKist.com