**Hot Chicken Salad**

**Produce**

garlic (if needed)

sweet onion

1 head Romaine lettuce

green pepper (if needed)

5 oz. broccoli

3 Roma tomatoes

1 tart apple

4 oz. dried tart cherries

**Canned/Dried Foods**

quinoa (if needed)

sesame oil(if needed)

low-sodium soy sauce (if needed)

balsamic vinegar (if needed)

rice wine vinegar (if needed)

Dijon mustard (if needed)

white wine for cooking (if needed)

**Frozen Foods**

1 package Chickenless tenders (if eating meatless)

**Meat/Fish/Poultry**

1 boneless, skinless chicken breast (if eating meat)

**Chilled Foods/Dairy**

orange juice (if needed)