



SPINACH, CHICKEN AND VEGGIE SALAD

2 cups fresh baby spinach, chopped into bite-sized pieces

8 cherry tomatoes, halved

1 fully cooked seasoned chicken breast, diced

1 cup chopped assorted vegetables - peppers, celery, cauliflower, carrot

½ cup cubed aged cheddar cheese

⅓ cup pumpkin seeds

DRESSING

¾ cup Greek Yogurt

¾ cup blended cottage cheese

1 Tbsp. mayonnaise (optional- add if you want a creamier dressing)

2 tsp. **Jalapeno Ranch Dill Pickle Seasoning Blend**

2 tsp. **Onion, Garlic & Herb Seasoning**

Juice of ½ lemon

¼ cups milk

Place all dressing ingredients in a blender and blend until well combined. Place all salad ingredients in a serving bowl and drizzle with dressing.

