



Cheese Entrees & Sides

Cooper® Chicken Spinach Salad - Buffalo Style



SHRED



Serves: 4

Ingredients

- 2 8-ounce boneless skinless chicken breasts*
- Salt and pepper
- 2 tablespoons olive oil
- 1/2 cup buffalo hot sauce (or more, depending on preference)
- 8 cups fresh baby spinach, washed
- 2 celery stalks, thinly sliced
- 1 red onion, thinly sliced
- 1 avocado, diced
- 1 cup Cooper® Sharp White cheese, shredded
- 1/2 cup blue cheese dressing

Directions

1. Place chicken breasts between two sheets of plastic wrap and use a meat mallet to pound to even thickness, about 1/2 inch thick. Remove from plastic wrap and season on both sides with salt and pepper.
2. In a large sauté pan, heat olive oil over medium-high heat. Add chicken breasts and cook for about 5 minutes per side, or until cooked through and no longer pink inside. Remove from heat and transfer chicken to a plate to rest for 5 minutes.
3. Cut chicken into bite-size pieces. Toss with buffalo sauce. Add any additional sauce to taste.
4. Use kitchen shears or knife to remove the long stems from the spinach. Chop the leaves a bit.
5. In a large salad bowl, toss together the spinach, celery, onion, and avocado. Add the buffalo chicken and sprinkle with Cooper® cheese. Drizzle with blue cheese dressing. Toss to combine if desired.

* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.