

LEMON DIJON HEARTY GRAIN SALAD



This dish features a robust blend of ancient grains tossed in a zesty lemon-Dijon vinaigrette. By combining the Brickman's Lemon Dijon Grain Salad with tender pulled chicken and a generous portion of fresh baby arugula, healthcare kitchens can serve an upscale, texturally diverse entree. The peppery arugula provides a fresh, garden-crisp finish that pairs perfectly with the savory grains and lean protein.

Ingredients:

- 5 oz. Brickman's Lemon Dijon Grain Salad (GFS #580164)
- 3 oz. Gordon Choice Pulled Chicken (GFS #441374)
- 3 oz. Arugula



Tastefully Balanced Nutritional Info
750mg Sodium or less | 15g protein or more

Nutritional Highlights (per 8 oz. serving)

This profile is exceptionally strong for patients and residents requiring high-quality protein and potassium support:

- **Rich in Potassium:** Delivers **550mg of potassium (16% DV)**, which is vital for heart health and fluid balance.
- **Sustained Energy:** Provides **4g of dietary fiber (16% DV)** from whole grains, ensuring longer-lasting satiety and digestive wellness.
- **Lean Muscle Support:** Contains **17g of protein** with a balanced calorie count of 310, making it a highly efficient meal for weight management.
- **Controlled Sugars:** A clean label with only **1g of added sugars**, making it suitable for glycemic-conscious diets.
- **Calcium Boost:** Provides **15% of the daily value for calcium**, supporting bone health.

Product	Description	Code #	Pack Size
 Brickman's® Lemon Dijon Hearty Grain Salad	This satisfying blend of barley, farro, and brown rice is complemented by tangy feta cheese and a bright lemon Dijon vinaigrette. Enjoy it as a ready-to-serve dish or use it as a versatile base for easy plus-one recipes.	580164	2/5 lb.
 Gordon Choice® Pulled Rotisserie Style Chicken	Elevate your menu in seconds with our restaurant-quality Savory Pulled Chicken! This 100% all-natural chicken is slow-cooked to juicy perfection, and kissed with a flavorful, rotisserie-style seasoning blend.	441374	5/2 lb.

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian

