

MASON JAR CHICKEN SALAD

 10 minutes

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 2 portions

INGREDIENTS

- 1/2 cup of quinoa, cooked [93 g]
- 3 cups shredded of lettuce, cos or romaine, raw [141 g]
- 2 tsps of oil, olive, salad or cooking [9 g]
- 200 grams of chicken breast, oven-roasted, fat-free, sliced
- 100 grams of cucumber, raw, peeled
- 1 cup cherry tomatoes of tomatoes, red, ripe, raw, year round average [149 g]
- 40 grams of chickpeas [garbanzo beans, bengal gram], mature seeds, canned, drained solids
- 100 grams of salad dressing [low-fat]

COOKING METHOD

- 1° Using a quart size mason jar, layer about 2-4 tbsp. of salad dressing, followed by the grape tomatoes, diced chicken, garbanzo beans, diced cucumber, quinoa, and baby spring mix lettuce.
- 2° Can be sealed in mason jar and stored in the fridge for up to 5 days.
- 3° When you're ready to serve, you can also add an avocado or hard-boiled egg. Add other spices to taste

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (416 g)	% DRI
ENERGY	71 kcal	294 kcal	15 %
FAT	2 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	6 %
CHOLESTEROL	10 mg	40 mg	13 %
SODIUM	385 mg	1599 mg	67 %
CARBOHYDRATE	9 g	36 g	12 %
SUGARS	2 g	8 g	—
FIBER	1 g	5 g	21 %
PROTEIN	5 g	22 g	—