



SOUTHWEST CHICKEN MASON JAR SALAD



INGREDIENTS

ITEM	QUANTITY
• Cooked Chicken Breast, chopped	8 Oz.
• Chopped Romaine Lettuce	1 Cup
• Diced Cucumber	½ Cup
• Shredded Carrots	½ Cup
• Diced Red Bell Pepper	¼ Cup
• Canned Corn, drained	¼ Cup
• Sliced Green Onion Tops	2 Tbsps.
• Chopped Fresh Cilantro	2 Tbsps.
• Shredded Cheddar Cheese	¼ Cup
• Lactose-free Greek Yogurt	¼ Cup
• Mayonnaise	1 Tbsp.
• Fresh Lime Juice	1 Tbsp.
• Ground Cumin	½ Tsp.
• Smoked Paprika	½ Tsp.
• Chili Powder	¼ Tsp.
• Garlic-infused Olive Oil	1 Tsp.
• Salt and Black Pepper, to taste	

SERVING SIZE

1 JAR



PREPARATION

- ✔ Whisk together all dressing ingredients.
- ✔ Divide the dressing between two mason jars.
- ✔ Add the chicken.
- ✔ Layer the carrots, corn, red bell pepper, cucumber, green onion tops, cilantro, and cheddar.
- ✔ Finish with the romaine.
- ✔ Seal and refrigerate.
- ✔ When ready to eat, shake the jar well and transfer to a bowl.