



## Tex Mex Salad Jar

SERVINGS: 4

PREPPING TIME: 20 MINS

COOKING TIME: 15 MINS

### INGREDIENTS

#### Salad Jar:

- 1 cup cherry tomatoes, halved
- 1 15 oz. can low sodium black beans, drained and rinsed
- 3/4 cup uncooked quinoa
- 1/2 red onion, thinly sliced
- 1 cup snow peas sprouts
- 1 chicken breast (already cooked and cut into 1-inch pieces)
- 1/2 cup grated reduced fat cheddar cheese
- 4 cups mixed baby mixed lettuce leaves
- 2 cups Arugula

#### Dressing:

- 2 tbsp. olive oil
- 2 tbsp. lime juice
- 2 tbsp. water (optional)
- 1-2 clove garlic, minced
- 1 tsp. chili powder
- 1 tsp. cumin
- 1/8 tsp. salt
- Pinch of pepper
- 3 tbsp. fresh basil
- 1 tsp. honey or brown sugar

### DIRECTIONS

1. Bake chicken breasts with a touch of olive oil, salt, and pepper in a preheated oven at 400°F for 15-20 minutes. Once cooled, dice the chicken into 1-inch pieces.
2. Simultaneously, cook quinoa in a rice cooker by combining 1 cup quinoa with 2 cups of water (or low-sodium vegetable stock). Cook until all the liquid is absorbed.
3. Mix together the dressing ingredients. Each salad jar should use 2 tbsp. of dressing.
4. Add the chosen dressing to the bottom of a 32 oz. mason jar. Layer the ingredients in the following order: tomatoes, beans, quinoa, onion, snow peas, chicken, cheese, lettuce, and arugula.
5. The jars can be stored in the fridge for up to 4 days. For efficient meal prep, cook the chicken and quinoa up to 24 hours in advance, simplifying the assembly process.
6. When ready to serve, shake the mason jar to distribute the dressing, then transfer the contents into a large bowl and enjoy your flavorful meal!

### NUTRITION

Serving size: 1 salad jar  
 (per serving) 430 calories, 14g fat, 3.5g saturated fat, 45mg cholesterol, 370mg sodium, 48g carbohydrate, 9g fiber, 6g sugar, 30g protein