

Lunch Ideas Recipe

Chicken with Garden Salad – Mason Jar Ideas

Preparation time: 10 minute



Nutrition Facts	
Serving Size: 1 serving (249.4g)	
Servings: 1	
Amount Per Serving	
Calories 200	Calories from Fat 45
% Daily Value*	
Total Fat 4.5g	8%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 90mg	29%
Sodium 360mg	15%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Sugars 7g	
Protein 27g	
Vitamin A 210%	• Vitamin C 150%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients

- 3 oz. Seasoned and Grilled Chicken, sliced
- 1/3 Red Pepper, sliced or coarsely chopped
- 1/3 Yellow Pepper, sliced or coarsely chopped
- 6 to 8 Baby Carrots, sliced
- 1 – ½ Cups Baby Lettuce Leaves, washed and ready to eat
- 2 Tbsp. Reduced fat salad dressing, e.g. Reduced fat Caesar or Ranch Dressing

Method

1. Layer ingredient Mason Jar in the following order: Chicken, Red Pepper, Yellow Pepper, Carrots and lettuce.
2. Use a washed out 4oz, applesauce container to hold 2 Tbsp. of reduced fat dressing.
3. Cover applesauce container with cling wrap. Place on top of opening of Mason jar, and the screw on lid of Mason Jar.
4. Store in refrigerator until needed.

Serves 1

