

Layered Mason Jar Salad with Chicken and Tarragon Vinaigrette

Yield: 6 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, swap shallot and red onion for green part of green onions or chives

Ingredients

6 radishes, thinly sliced
1 shallot, thinly sliced
1 cucumber, thinly sliced
1 cup grape tomatoes, halved
2 carrots, shredded
1 yellow squash, thinly sliced
3 cups chicken breast, grilled and sliced thin
5 cups spring greens
1½ cups tarragon vinaigrette (separate recipe)

Directions

1. Place tarragon vinaigrette (3–4 Tbsp) in the bottom of six wide-mouth mason jars.
2. In each mason jar, evenly stack the radishes, shallots, cucumber, grape tomatoes, carrots, squash, and chicken breast in that order.
3. Lightly pack the remaining space in the jar with the spring greens. Snugly place the lids on the mason jars.
4. When ready to serve, vigorously shake the mason jar, remove the lid, and dump your dressed salad onto a plate.

Tarragon Vinaigrette

Nutrition Facts

Serving size 1 (1.8 oz)

Amount Per Serving	52g
Calories	227
% Daily Value	
Total Fat 24.4g	38%
Saturated Fat 4.3g	17%
Cholesterol 0mg	0%
Sodium 419mg	17%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 1g	1%
Vitamin A	2%
Vitamin C	14%
Calcium	3%
Iron	5%

Layered Mason Jar Salad with Chicken

Nutrition Facts

Serving size 1 (20.0oz)

Amount Per Serving	573g
Calories	212
% Daily Value	
Total Fat 3.1g	5%
Saturated Fat 0.9g	4%
Cholesterol 60mg	20%
Sodium 149mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 8g	30%
Sugars 12g	
Protein 25g	30%
Vitamin A	119%
Vitamin C	149%
Calcium	14%
Iron	16%

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