

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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