Mason Jar Salad Recipe for an Easy Lunch

For additional mason jar salad recipes and more information on building the ultimate grab and go lunch, check out 5 Mix and Match Mason Jar Salad Recipes for Easy Lunches! https://thegirlonbloor.com/mix-and-match-mason-jar-salad-recipes/

**Ingredients**

**Make ahead ingredients**
1-2 chicken breasts (depends on how many jars you’re making - 1 breast per two jars is standard)

**Greek salad jar**
- chickpeas
- cucumber
- cherry tomatoes, sliced
- red onion, diced
- baby spinach

**Greek dressing**
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 clove garlic, minced
- 1 tsp oregano
- 1/2 tsp each salt and pepper

**Instructions**
1. Bake chicken breasts with a little bit of olive oil, salt & pepper in a 400 F for 20 min. When cooled, dice up into 1-inch pieces.
2. Mix together dressing - you can use the homemade version listed above or store-bought version to save time. Each salad jar should require only 1-2 tbsp of dressing.
3. Add dressing of choice to the bottom of a 16-oz mason jar. Layer in ingredients of choice in order of what is listed: chicken, chickpeas, cucumber, cherry tomatoes, red onion, baby spinach to the jar in that order.
4. Jars will keep in fridge up to 4 or 5 days. For easy meal prep, cook chicken ahead of time up to 24 hours in advance so all you have to do is assemble.
5. Serve by shaking mason jar so dressing gets distributed, then dump in a large bowl to eat.
6. Enjoy!

**Nutrition Information:**

Calories: 239kcal | Carbohydrates: 23g | Protein: 18g | Fat: 9g | Saturated Fat: 1g | Cholesterol: 30mg | Sodium: 77mg | Potassium: 369mg | Fiber: 2g | Vitamin A: 190IU | Vitamin C: 3.5mg | Calcium: 24mg | Iron: 2mg

**FOOD FOR THOUGHT**

Your best diet is as unique as you! Experiment to find the balance of foods that leaves you feeling healthy, energetic, and strong.

- Colleen Crawford