



SALAD IN A JAR

Instructions

1. Place all ingredients into a small lidded jar.
2. Or blend all ingredients in a blender for 30 seconds. Anything with a lid works well.
3. Shake to mix thoroughly.
4. Store in fridge for 1-2 weeks.

TIP:

- The most important part of the layering is making sure the dressing and the salad greens don't touch. As long as they stay separate, these salads can be made up to 4 days in advance and will stay fresh in the fridge with a lid on. Easy to double this recipe and make lunch for all week.

Ingredients

- 1 cup cubed chicken
- 2 big handfuls mixed greens
- 1 cup chopped mushrooms
- 1 cup cherry tomatoes
- 1/4 red onion, diced
- 1/4 cup chopped bell pepper
- 4 tbsp balsamic vinaigrette