



## Salad in a Jar

Makes 1 serving

You will need a 1 quart wide mouth Mason jar with lid

### INGREDIENTS

2 tablespoons Balsamic  
Vinaigrette dressing

½ cup chopped cucumber  
½ cup diced tomatoes  
1 cup baby spinach blend salad  
greens  
½ cup chopped grilled chicken  
breasts  
¼ cup diced carrots  
⅙ cup diced red bell pepper  
½ avocado, cubed

1 teaspoon lime juice



Put in bottom of a one quart wide  
mouth Mason jar.



Layer in order listed in the Mason  
jar.



Drizzle over the top of layered  
salad mixture. Screw lid on tightly.  
Refrigerate until ready to use (can  
be made the day ahead). Before  
eating, shake the jar well to  
disperse the salad dressing  
throughout the jar. Eat right out of  
the jar!

