

Mason Jar Salad with Grilled Chicken, Apple, Radish and Sherry Vinaigrette

YIELD: 6 SERVINGS

Gluten-free

Dairy-free

RECIPE CUSTOMIZATION

To make it FODMAP friendly, omit garlic in the dressing and exchange the honey for maple syrup in the dressing

INGREDIENTS

1 cup Sherry vinaigrette
(recipe next page)

3 apples, sliced thinly

12 radishes shredded

4 carrots, shredded 1 shallot, thinly sliced

2 cup grape tomatoes, halved

1.5 pound boneless/skinless chicken
breast, grilled and sliced thin

6 cup mixed greens

DIRECTIONS

1. Choose a wide mouth mason jar and place 3 tablespoons of the vinaigrette in the bottom.
2. Then layer the above ingredients in the jar starting with the most hearty or dense vegetable on the bottom (one you might like to be slightly pickled in the vinaigrette). Finishing with the more delicate veggies, chicken and the mixed Greens on top.
3. To serve, shake well and dump into a bowl.

Chef tip: The longer you let the completed mason jars rest in the fridge, the more “pickled” and flavorful the veggies on the bottom will become. Refrigerate for 2-3 days maximum.



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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%