



## BBQ Ranch Chicken Salad in a Jar



Entire recipe: 292 calories, 5.5g total fat (2g sat fat), 704mg sodium, 28g carbs, 6.5g fiber, 10g sugars, 34.5g protein

**Green Plan [SmartPoints](#)® value 5\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 10 minutes



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### Ingredients

- 2 tbsp. fat-free plain Greek yogurt
- 1 tbsp. BBQ sauce with 45 calories or less per 2-tablespoon serving
- 1/2 tsp. ranch dressing/dip seasoning mix
- 1/4 cup chopped cucumber
- 1/3 cup chopped tomato
- 1/4 cup canned black beans, drained and rinsed
- 2 tbsp. frozen sweet corn kernels, thawed
- 2 tbsp. shredded reduced-fat cheddar cheese
- 3 oz. cooked and chopped skinless chicken breast
- 2 1/2 cups chopped romaine lettuce

### Directions

To make the dressing, in a small bowl, combine yogurt, BBQ sauce, and ranch seasoning. Mix until uniform.

In a wide-mouth, quart-size mason jar, combine dressing, cucumber, and tomato. Top with black beans, corn, cheese, chicken, and lettuce. Cover and refrigerate.

When you're ready to eat, give the jar a shake, and flip contents into a medium-large bowl (or eat right from the jar).

**MAKES 1 SERVING**

**[SmartPoints](#)® value\*** not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **[SmartPoints](#)® values\*** of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **[SmartPoints](#)® values** for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **[SmartPoints](#)® trademark**.