



Greek Salad in a Jar



Entire recipe: 286 calories, 10.5g total fat (2g sat fat), 800mg sodium, 15g carbs, 4g fiber, 7.5g sugars, 35g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 10 minutes



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

Ingredients

- 2 tbsp. light red wine vinaigrette dressing
- 1/2 cup chopped cucumber
- 1/2 cup chopped tomatoes
- 2 tbsp. chopped red onion
- 4 oz. cooked and chopped skinless chicken breast
- 2 tbsp. reduced-fat crumbled feta cheese
- 1 tbsp. chopped kalamata or black olives
- 2 1/2 cups chopped romaine lettuce

Directions

In a wide-mouth, quart-size mason jar, combine dressing, cucumbers, tomatoes, and onion. Top with chicken, feta cheese, olives, 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.