



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

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Prep: 10 minutes



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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

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