

## Portable Salad-in-a-Jar

1 tbsp olive oil  
2 tsp balsamic vinegar  
½ tsp Dijon mustard  
½ cup grape tomatoes, halved  
½ cup carrots, diced  
2½ oz. cubed chicken breast  
¼ cup no-salt-added canned chickpeas  
¼ cup crumbled goat cheese  
1½ cups mixed leafy greens

1. In a small bowl, whisk together olive oil, balsamic vinegar and mustard.
2. Add dressing to the bottom of a Mason jar.
3. Layer tomatoes, carrots, chicken, chickpeas and goat cheese on top of the dressing.
4. Add salad greens as the final layer.
5. Seal Mason jar with the lid.
6. **To serve:** Open lid and invert jar onto a plate. Toss salad and enjoy.



**Makes 1 serving. Per serving:**

377 calories | 26g protein | 18g total fat | 6g saturated fat | 9g mono fat | 3g poly fat  
57mg cholesterol | 28g carbohydrate | 6g sugar | 5g fiber | 302mg sodium