

# Jar Chef's Salad

Servings: 1

RECIPE BOX

## INGREDIENTS

2 CUPS SALAD MIX  
1/8 JICAMA, SLICED  
1/4 SMALL CUCUMBER, DICED  
1/8 RED PEPPER, SLICED  
3 OUNCES ROTISSERIE CHICKEN,  
SHREDDED OR CUBED  
1 HARD BOILED EGG  
1-2 TBSP HOMEMADE RANCH DRESSING



## DIRECTIONS:

**STEP 1:** Stack ingredients in mason jar, starting with the ranch dressing and moving up to salad mix.

**STEP 2:** Mix ingredients when ready to serve.

**GF** This recipe is gluten free as written.

**V** Skip the chicken and add an extra hard boiled egg.

Nutrition per Serving: Calories 403, Total Fat 29g, Carbs 10g, Protein 23g, Fiber 2g, Sugars 6g.

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