



Ingredients

Makes Approx. 1 Salad

Bottom Layer: Dressing

1 Tbsp. Balsamic Vinegar
2 tsp. Extra Virgin Olive Oil

Lowest Layer: Protein

3 oz. diced grilled chicken breast

Middle Layer: Firm Veggies

½ cup purple cabbage
½ cup shredded carrot
½ cup sliced red peppers

Upper Layer: Nuts, Fruit, Grains

1 Tbsp. slivered almonds
1 Tbsp. dried cranberries
¼ cup brown rice

Top it off: Lettuces

1 cup baby spinach

Inspired by:

<http://www.fridaycakenight.com/7/2014/05/chicken-detox-salad/>

Directions

Arrange ingredients from most firm to most delicate.

Store in the fridge until ready to eat.

Empty the jar, stir to combine, and enjoy!



Mason Jar Chicken Salad

Amount	1 Jar
Calories	380
Fat (g)	15
Sat. Fat (g)	1.5
Carb. (g)	38
Fiber (g)	7
Protein (g)	25
Dairy Free, Gluten Free	

For Sport Nutrition Questions, contact:

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Cooking Tip

Plan out your week of lunches by multiplying the recipe by 5 and packing these salads in advance on Sunday evening!

This recipe is extremely versatile; follow the titles in the ingredients column and replace with whatever you have in the fridge. Choose your favorite dressing for the bottom layer. Other protein options could be tuna, salmon, turkey, tofu, ground beef, or edamame. Substitute firm vegetables like cherry tomatoes, cucumber, zucchini, black olives, celery, broccoli, or cauliflower. Nuts like pecans, walnuts, and peanuts make a tasty salad addition and add crunch. Golden raisins, dried cherries, or dried pear add sweetness. Quinoa, whole wheat couscous, and orzo are nice salad grains. Choose a lettuce to top it off: arugula, kale, swiss chard, or romaine.

This would also be a great way to pack a fruit salad!