

RECIPE | TOMATOES

CHICKEN TACO MASON JAR SALAD



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CHICKEN TACO MASON JAR SALAD



15 min

15 min | **0 min**
PREP. | COOKING



4



easy

INGREDIENTS

- 1 dry pint** Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
- 1** Pure Flavor® Orange Sweet Bell Pepper, chopped
- 12 oz** chicken, cooked
- 4 cups** romaine lettuce, shredded
- 1 cup** red kidney beans, drained and rinsed
- 1 cup** of corn
- 1 cup** cheddar cheese, shredded
- ½ cup** taco sauce
- ½ cup** plain non-fat Greek yogurt
- Lime to taste

DIRECTIONS

- 1** For the dressing whisk together yogurt and taco sauce in a small bowl until completely combined.
- 2** Place an equal amount of dressing at the bottom of each jar.
- 3** Divide the remaining ingredients among the jars, layering them in the following order: chicken, kidney beans, corn, cheese, tomatoes, peppers and lettuce.
- 4** Twist on the top to seal your salads and refrigerate until ready to serve.