

Mason Jar Salad

By: Chef Will Coleman | September 26, 2017 | chefwillcoleman.com



Makes 1 pint-sized Mason Jar | 10 minutes- prep time | 10 minutes - total time

What you need:

Honey Mustard Dressing:

- 1 tablespoon Dijon mustard
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1/4 teaspoon white wine vinegar
- 1/2 teaspoon honey
- salt and pepper

Salad Components:

- 1/4 cup cooked chicken, chopped
- 1/4 cup red bell pepper
- 1/4 cup chickpeas, cooked and rinsed
- 1/2 cup lettuce, shredded

How to make it:

Using a pint-sized mason jar, go ahead and add in all of your dressing ingredients. Cover the mason jar using the lid and shake together, until all is combined well.

Now, at the bottom of the jar, go ahead and add in your cooked chicken, red bell peppers, chickpeas, and of course your shredded lettuce. Be sure to add in your salad ingredients, in the listed order, so that you can maintain the freshness and proper texture of all of the ingredients.

Finally, screw on your top to the mason jar and store in your fridge for 3-4 days.

When ready to eat, be sure to shake up the jar so that your dressing coats all of your ingredients.