



ELIZABETH GABRIELSON  
WELLNESS

## **Greek Chicken Salad Jars**

### **Ingredients (1 serving):**

- 1 tablespoons extra virgin olive oil
- 1 tablespoon fresh lime or lemon juice
- 1 tablespoon balsamic or red wine vinegar
- 1/2 cup chickpeas
- 2 tablespoons red onion, diced
- 1/4 cup cucumber, diced
- 3/4 cup cooked chicken breasts, shredded or diced
- 1/4 cup kalamata olives, sliced
- 1 tomato or 1/3 cup cherry tomatoes, diced
- 2 tablespoons feta cheese
- 1 cup romaine, chopped

Optional additions: quinoa, lentils, nuts, seeds, fresh or dried herbs

### **Directions:**

1. Using a 32oz. wide-mouth mason jar or food storage container of choice, add oil, vinegar and lemon juice to the bottom of the jar.
2. Layer all additional ingredients into the jar in the order listed, finishing with the leafy greens at the very top.
3. Store in the refrigerator, stored for up to 5 days and do not shake until ready to eat.
4. When ready to enjoy, shake contents into bowl or shake and eat right from the jar on the go!