

From Kathryn's Kitchen
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Southwest Chicken Salad

Prep Time: 20 minutes
Cook Time: 45 minutes
Servings: Seven (16 ounce jars)

Dressing:

- ½ cup lemon juice
- 1 cup extra virgin olive oil
- 3 cloves garlic, minced
- 1 tsp sea salt
- 1 tsp chili powder
- 2 tsps cumin

Salad Ingredients:

- 2 boneless, skinless chicken breast
- 1 yellow bell pepper, diced
- 1 jalapeño pepper, diced
- 1 small red onion, diced
- 1 cucumber, diced
- 1 small carton (8 to 10 ounces) of cherry tomatoes, quartered
- 1 cup of purple cabbage, shredded (small in processor)
- Cilantro, Kale, Mixed Greens

Directions:

In a 16-ounce Mason jar mix all of the dressing ingredients and shake well. Put ½ cup of the dressing in Ziploc bag and add chicken breast. Divide remaining dressing between seven 16-ounce Mason Jars (approx. 2-3 tbsp each) and set aside. Pour marinated chicken in glass baking dish and cover with lid. Bake at 350° until chicken is done (165° inside, approx. 45 minutes), cut into small bite size pieces and refrigerate until cool. Toss shredded purple cabbage, diced jalapeño, yellow bell pepper, red onion, cucumber, and tomatoes together in large mixing bowl. Divide cooled chicken chunks between the same Mason jars on top of salad dressing, divide the diced mixture between same jars, top each with a pinch of chopped cilantro, then add kale and mixed greens until each jar is packed full. Top and refrigerate upright (do NOT mix; dressing needs to stay on the bottom so that it does not wilt your greens). To Serve: dump contents of jar on a plate and enjoy!!



Esthetician, Makeup Artist, Nutrition Specialist, Personal Trainer

Enjoy,
Kathryn

