

• ENTREES •

Zoodle Mason Jar Salad

Recipe makes 2 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 (5.3 oz.) container plain Greek yogurt
- 1 avocado, halved and pitted
- 2 small scallions, roughly chopped, divided
- 2 tsp water
- 2 tsp lime juice
- ½ tsp sea salt
- 1 cup shredded rotisserie chicken
- 1 medium tomato, diced
- ½ cup canned black beans, rinsed and drained
- 1 spiralized zucchini

INSTRUCTIONS

1. Place yogurt, avocado, 1 scallion, water, lime juice and salt in a blender. Process until smooth. If it's too thick, add more lime juice or water.
2. Divide yogurt mixture between two mason jars. Layer remaining ingredients (chicken, tomato, beans and zoodles) on top of the dressing.
3. Refrigerate until ready to serve; when ready, toss all ingredients in the dressing and enjoy.