



Cobb Salad Jar

2 servings

30 minutes

Ingredients

1/4 Lemon (juiced, or about 1/2 tbsp lemon juice)
1 tbsp Extra Virgin Olive Oil
1 tbsp Dijon Mustard
1 tsp Maple Syrup
1 tbsp Nutritional Yeast
Sea Salt & Black Pepper (to taste)
1 cup Baby Spinach (chopped)
1/4 cup Cherry Tomatoes (halved)
1/4 Avocado (diced)
4 ozs Chicken Breast, Cooked
1 Egg (hardboiled and sliced)
1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	312
Fat	19g
Saturated	5g
Carbs	8g
Fiber	3g
Sugar	3g
Protein	27g
Cholesterol	169mg
Sodium	389mg

Directions

- 1 In a small bowl, mix together lemon juice, olive oil, mustard, maple syrup, nutritional yeast, and a pinch of sea salt and pepper. Whisk well then pour into bottom of a large mason jar. (Note: Divide dressing between jars if making more than 1 serving.)
- 2 Layer your ingredients into the jar(s) in this order: spinach, cherry tomatoes, avocado, chicken, egg and feta. Seal jar and store in the fridge.
- 3 When ready to eat, give the jar a good shake to mix the dressing throughout. You can either transfer the salad to a bowl or enjoy straight from the jar.

Notes

Reduced Fat: Reduce the fat a little by omitting the avocado.

Dairy free: Use goat feta.

Add carbs: Add chickpeas, or alternatively use them instead of the chicken.