



## 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.