



BBQ Ranch Chicken Salad in a Jar



Entire recipe: 292 calories, 5.5g total fat (2g sat. fat), 704mg sodium, 28g carbs, 6.5g fiber, 10g sugars, 34.5g protein

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Prep: 10 minutes



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Ingredients

2 tbsp. fat-free plain Greek yogurt
1 tbsp. BBQ sauce with 45 calories or less per 2-tablespoon serving
1/2 tsp. ranch dressing/dip seasoning mix
1/4 cup chopped cucumber
1/3 cup chopped tomato
1/4 cup canned black beans, drained and rinsed
2 tbsp. frozen sweet corn kernels, thawed
2 tbsp. shredded reduced-fat cheddar cheese
3 oz. cooked and chopped skinless chicken breast
2 1/2 cups chopped romaine lettuce

Directions

To make the dressing, in a small bowl, combine yogurt, BBQ sauce, and ranch seasoning. Mix until uniform.

In a wide-mouth, quart-size mason jar, combine dressing, cucumber, and tomato. Top with black beans, corn, cheese, chicken, and lettuce. Cover and refrigerate.

When you're ready to eat, give the jar a shake, and flip contents into a medium-large bowl (or eat right from the jar).

MAKES 1 SERVING

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