



## Greek Salad in a Jar

### Ingredients:

- 2 TBSP Fat-free Greek dressing
- ½ C tomato, diced
- ½ C Red onion, minced
- ½ C Cucumber, diced
- ½ C Chickpeas, drained, rinsed
- ¼ C Reduced-fat feta cheese
- ¼ C Brown Rice
- 1 C Lettuce

### Nutritional Information:

- **Servings: 1**
- Calories: 290 kcal
- Fat: 5 g
- Saturated Fat: 2 g
- Cholesterol: 10 mg
- Sodium: 769 mg
- Carbohydrates: 49 g
- Fiber: 11 g
- Sugar: 11 g
- Protein: 14 g

### Instructions:

1. Get all the ingredients ready, meaning cut, peel, wash the veggies. Boil rice.
2. Once everything is laid out chuck all the ingredients according to the layers (see below) into the jars. Then lid on top and off they go into the fridge. As easy as that.
3. You'll be a meal prepping master in no time!

### Layering Guidelines

1. Clean jars with lid (around 24oz/ 700ml)
2. Layer 1: Your favorite dressing
3. Layer 2: Tomatoes, cucumbers, red onion
4. Layer 3: Chickpeas
5. Layer 4: Feta cheese
6. Layer 5: Rice
7. Layer 6: Lettuce

This delicious recipe adapted from:

<https://hurrythefoodup.com/how-to-pack-a-salad-in-a-jar/>