

TURKEY RANCH MASON JAR SALAD

NUTRITION FACTS

Serving Size: 16 fl oz Mason jar

Calories: 413 | Carbohydrates: 40g | Protein: 42g | Total Fat: 10g | Saturated Fat: 2g | Sodium: 505mg | Fiber: 4g

INGREDIENTS

- 1/2 cup Pearl couscous (dry)
- 2 Tbsps Ranch dressing
- 8 ozs Turkey breast, cooked (roughly chopped)
- 1 Carrot (large, grated)
- 1/2 cups Cherry tomatoes(sliced)
- 2 cups Mixed greens
- 2 Tbsps Pumpkin seeds

DIRECTIONS

1. Cook the couscous according to package directions. Let it cool to room temperature.
2. Divide and layer the ingredients in a Mason jar in the following order: ranch dressing, turkey breast, couscous, carrots, cherry tomatoes, mixed greens, and pumpkin seeds.
3. Seal the jar and refrigerate until ready to serve. When ready to eat, shake well and dump into a bowl. Enjoy!

NOTES

Yields: 2, 16oz Mason jars

Leftovers: Store in the fridge for up to three days

More Flavor: Season with salt, pepper, or your choice of herbs and spices.





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