

# Buffalo Chicken Mason Jar Salad



**PREP time: 15' / COOK time: 10' / TOTAL time: 25'**

Author: Organize Yourself Skinny/ Recipe type: salad/Serves: 5

## Ingredients

- 5 wide mouth quart size mason jar salads
- 10 tablespoons blue cheese yogurt dressing
- 10 teaspoons hot sauce (preferably Frank's hot sauce)
- 1 quart cherry tomatoes, halved
- 1 red onion, chopped
- 5 large carrots, halved and chopped
- 5 large celery stalks, halved and chopped
- Coupons
- 3-4 cups shredded chicken
- 5 cups chopped romaine lettuce

## Instructions

1. Divide ingredients among mason jars starting with dressing then following with hot sauce, tomatoes, onion, carrots, celery, chicken, and ending with romaine.
2. When ready to eat shake salad in jar then pour into a bowl.

These salads can be made up to 5 days ahead of time.

## Nutrition Information

Serving size: 1 mason jar salad Calories: 355 Fat: 12 Carbohydrates: 21 WW Points  
+: 9 Fiber: 8 Protein: 45