

Chopped Taco Mason Jar Salad



PREP time: 15'; COOK time: 15'; TOTAL time: 30'

Ingredients

- 5 wide mouth quart size mason jars
- 1 lb ground turkey
- 1 can black beans, drained
- 1 packet taco seasoning (I use simply organic)
- 1¼ cups salsa
- 5 tablespoons plain Greek yogurt
- Coupons
- 1 quart cherry tomatoes, halved
- 5 mini cucumbers, sliced
- 1 small to medium red onion, chopped
- 2 avocados, chopped
- juice from half of a lime
- 11 ounce jar pickled jalapeños, drained and chopped
- 5 cups chopped romain lettuce

Instructions

1. in a medium pan cook ground turkey until no longer pink. Add black beans, seasoning packet, and the amount of water stated in seasoning packet directions. Let taco mixture cool.
2. Divide ingredients among mason jars starting with salsa then adding greek yogurt, tomatoes, cucumbers, onions, jalapeños, avocados, taco meat, then lettuce. Place lid on and close tight. No need to vacuum seal or anything like that.
3. When ready to eat, shake real good, then pour into a bowl and enjoy. Can serve with tortilla chips.

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

These salads can be made 5-6 days ahead of time.

Nutrition Information

Serving size: 1 mason jar Calories: 402 Fat: 15 Carbohydrates: 47 Fiber: 13