

# Burrito Bowl Mason Jar Salads

**PREP TIME:** 15 minutes • **COOK TIME:** 30 minutes • **SERVINGS:** 5 salads

## INSTRUCTIONS

### For the quinoa:

Add quinoa and water to a medium-sized pot. Bring to a boil over medium heat. Cover and cook for 20-25 minutes or until quinoa is soft and fluffy. Set aside to cool.

Once cooled, add lime juice, lime zest and chopped cilantro to rice and stir to evenly distribute ingredients.

### For the chicken:

Season both chicken breasts with salt. Use cooking spray on a large skillet and heat over medium-high heat. Add chicken breasts to skillet and cook for about 4 minutes on each side until there is a brown sear to them.

When cooked all the way through, remove chicken to a cutting board to cool. Once cooled, cut chicken into small chunks.

### For the sweet potatoes:

Cut sweet potato into tiny chunks. Heat 1 tablespoon olive oil in large skillet over medium heat. Add sweet potato cubes and sear potatoes on all sides, stirring every 3-5 minutes.

Turn heat to medium-low, cover the skillet with a lid, and cook sweet potatoes until they can be easily pierced with a fork. Set aside to cool.

### To assemble salads:

1. Place 1 tablespoon plain Greek yogurt to the bottom of each jar
2. Top with about 2 tablespoons of sweet potato cubes.
3. Add 3-4 tablespoons of the cilantro lime quinoa.
4. Layer with 1-2 tablespoons of cheese over the quinoa.
5. Add chicken. (Substitute 1 can of rinsed beans for a vegetarian version with more fiber.)
6. Fill the remaining space with lettuce and sprinkle additional chopped cilantro on top.
7. Screw on lid.

## NUTRITION INFORMATION

Each serving contains about 307 calories; 11 g fat; 32 g carbohydrates; 21 g protein; 503 mg sodium; 2 g sugar.



## INGREDIENTS

### For the quinoa:

- 1 cup quinoa
- 2 cups water
- Juice and zest of one lime or 2 tablespoons lime juice
- ¼ cup chopped fresh cilantro

### For the chicken:

- 2 large chicken breasts
- 1 teaspoon sea salt
- Cooking spray

### For the sweet potatoes:

- 1 large sweet potato, washed, with both ends cut off
- 1 tablespoon olive oil

### Other ingredients:

- 3 cups chopped lettuce
- 5 tablespoons plain Greek yogurt
- ¾ cup shredded cheese
- ½ cup chopped fresh cilantro

Use five pint-sized, wide-mouth Mason jars.