



## Mason Jar Chicken Salad (AIP)

**Active Time:** 15 minutes | **Total Time:** 20 minutes | **Serves:** 2

### Nutrition Information Per Serving

274.8 calories, 9.11 g carbohydrate, 2.48 g fiber, 6.63 g NET carbs, 29.72 g protein, 13.62 g fat

#### Ingredients

- 1 -8oz. breast free-range chicken breasts
- 1/4 medium(s) red onion, thinly sliced
- 1 cup arugula
- 1 medium carrot, shredded
- 1 medium yellow squash, thinly sliced
- 2 medium(s) radishes, thinly sliced
- 1 Tbsp avocado oil
- 1/2 tsp(s) sea salt
- 1 Tbsp lemon juice
- 1 tsp dried dill
- 3 Tbsp(s) coconut milk, full fat

#### Preparation

1. Prepare chicken. Add avocado oil to a cast iron skillet and preheat on medium. Chop chicken into bite sized cubes, sprinkle with half the salt and saute for about 10 minutes or until pieces are cooked thoroughly. Set chicken in fridge to cool.
2. Prepare the dressing. Whisk lemon juice and coconut cream with fresh dill. Season with half the sea salt. Divide dressing among mason jars .
3. Layer vegetables on top of the dressing to prevent it from coating all ingredients in transit. Start with sliced onion and stack with vegetables of choice. Save arugula for last. Top with cooled chicken.
4. Store in fridge for up to 2 days. When ready, pour ingredients into a large bowl and toss well to coat.

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