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## **Mason Jar Chicken Taco Salad**

### **Ingredients:**

Chicken breast cut into bite-sized pieces, 8 oz.  
Olive oil, divided, 1 tbsp  
Avocado, 1 small  
Roma tomatoes, chopped, 2  
Cucumber, chopped, 1/2 cucumber  
Carrots, sliced, 2 large  
Red bell pepper, 1 large  
Onion, roughly chopped, 1/2 cup  
Fresh spinach, 2-4 cups  
Juice of 1 large lime  
Salsa of choice, 1 cup  
Cilantro, roughly chopped, 1/2 cup  
Garlic, minced, 2 tsp  
Whole cumin seed, 2 tsp  
Salt to taste

### **Directions:**

1. Heat 1/2 tablespoon of olive oil in a large skillet over medium heat. Cook the chicken breast until slightly browned and no longer pink on the inside. Set aside in a small bowl.
2. Add the remaining 1/2 tablespoon of olive oil into the pan and heat at medium-high heat. Cook the carrots until they begin to soften, about 3 minutes.
3. Turn the heat down to medium and add in the pepper, onion, and garlic. Cook until soft.
4. While the veggies cook, place the cumin seeds in a small, dry pan over medium-high heat and toast them, stirring frequently, until golden brown and fragrant, about two minutes. Transfer them to a cutting board and crush. I use the bottom of a glass, which works really well.
5. Add the crushed seeds into the pan with the veggies and season with salt. Mix well, and turn off the heat.
6. Scoop avocado into a small food processor, add the lime juice, and blend until smooth and creamy. You can also just mash them together in a bowl.

**Assembly Instructions:**

1. Place 1/2 cup of salsa in the bottom of each jar, spreading evenly. Gently spread the avocado/lime mixture on top. Then, add in the cumin and roasted veggies, followed by the chicken. You may need to lightly press everything in to get it all to fit.
2. After the chicken, add the chopped tomatoes, and then the cucumbers. Finish off by dividing the cilantro and then as much spinach as you can stuff in there!
3. Seal and refrigerate until ready to devour.