



## CHICKEN & QUINOA SALAD IN A JAR

3 Tbsp. **Creamy Vidalia Onion & Poppy Seed Dressing**

$\frac{1}{4}$  chopped raw cauliflower

$\frac{1}{4}$  cup chopped red pepper

$\frac{1}{8}$  cup chopped green onion

$\frac{1}{4}$  cup cooked quinoa

2 Tbsp. pumpkin seeds

1 cup diced cooked chicken seasoned with **Sunset Seasoned Salt**

Spinach

Layer the jar from bottom to top, following the order shown in the ingredients list. Top remainder of jar with spinach.

- Creamy Vidalia Onion & Poppy Seed Dressing**
- Sunset Seasoned Salt**