

Turkey Ranch Mason Jar Salad

7 ingredients · 15 minutes · 2 servings



Directions

1. Cook the Israeli couscous according to package directions. Let it cool to room temperature.
2. Divide and layer the ingredients in a mason jar in the following order: ranch dressing, turkey breast, couscous, carrots, cherry tomatoes, baby kale, and pumpkin seeds.
3. Seal the jar and refrigerate until ready to serve.
4. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers

Store in the fridge for up to three days.

Serving Size

16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

More Flavor

Season with salt, pepper, or your choice of herbs and spices.

Ingredients

- 1/2 cup Israeli Couscous (dry)
- 2 tbsps Ranch Dressing
- 8 ozs Turkey Breast, Cooked (roughly chopped)
- 1 Carrot (large, grated)
- 1/2 cup Cherry Tomatoes (sliced)
- 2 cups Baby Kale
- 2 tbsps Pumpkin Seeds

Nutrition

Amount per serving

Calories	426	Cholesterol	84mg
Fat	11g	Sodium	504mg
Carbs	42g	Vitamin A	5437IU
Fiber	5g	Vitamin C	7mg
Sugar	5g	Calcium	110mg
Protein	43g	Iron	3mg