

Chicken Taco Salad

Makes 6 jars

491 calories per salad jar without cheese, 601 calories with cheese

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Double the recipe and buy taco shells to make a meal of tacos for dinner and then make salads in a jar with the left over ingredients

Shopping List

- 3 chicken breasts diced into bit sized pieces
- 1 package or recipe Taco Seasoning Mix (recipe below)
- 1 large head romaine lettuce
- 1 ½ cup fresh or bottled salsa
- 1 ½ cup shredded cheddar cheese
- 1 can black olives, chopped or sliced
- 1 can black beans
- 1 bag Tortilla Strips, for topping salads



Make a Mix Taco Seasoning

This is a "Make a Mix" recipe. Make several packages of the seasoning mix so you can keep extra packages on hand. Put each seasoning mix in a snack sized zip lock bag and apply a label to the bag.

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|---------------------------------------|--------------------------------------|
| 1 Tablespoon dehydrated minced onion | 1 teaspoon salt |
| 1 teaspoon chili powder | 1/2 teaspoon cornstarch or Ultra Gel |
| 1/2 teaspoon crushed dried red pepper | 1/2 teaspoon instant minced garlic |
| 1/4 teaspoon dry oregano leaves | 1/2 teaspoon ground cumin |

Cut chicken breasts into bit sized pieces. Place chicken pieces in frying pan and add the taco seasoning and 1/2 cup of water. Cook for about 20 minutes until chicken is cooked and the water has cooked down



To make Salads in a jar

Layer 1: 1/4 – 1/3 cup fresh or bottled salsa

Layer 2: 1/3 – 1/2 cup diced chicken that was cooked in taco seasoning

Layer 3: 1/4 cup black beans

Layer 4: Sliced black olives

Layer 5: 2 cups lettuce

In a baggie: 1/4-1/3 cup shredded cheese

In a separate bag: Crispy corn tortilla strips



Taco Salad Jar Toppers

Print the next page of salad jar toppers on white card stock.

Toppers can be laminated and reused. The page can be printed on regular white paper if the toppers will be laminated.

Cut toppers with scissors around outside circle edge.

Taco Seasoning Package labels can be printed on address labels

Avery#: 5160, 5260, 5520, 5810, 5960, 5970, 5971, 5972, 5979, 5980,
8160, 8460, 8660, or 8810





Taco Seasoning

Add 1/2 cup water to meat in pan
cook 20 minutes

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