



Salads in a Jar Chicken Recipes

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Prepare Chicken for Salads in a Jar by Grilling, Baking or Buying

I like to buy a large package of chicken when it goes on sale, put it in a freezer bag with marinade and then freeze it in portions needed for a meal and salads. On cooking day the chicken needs to be thawed but it's already cleaned and marinated so it's quick and easy! Note: my favorite marinade is Italian Salad dressing because it can be used in any salad.

Preparing Chicken

Cut off any fat and clean the chicken. Rinse chicken in cool water. Place chicken on a cutting board and slice the chicken length-wise in half. (Picture below) This will give two pieces half the size of a full breast. (1/2 of a chicken breast)



It's a good idea to prepare enough breasts to serve for dinner (to be served with other side dishes) plus add extra chicken for salads. Plan 1/2 chicken breast per person for dinner and 1/4-1/2 of a chicken breast per salad Jar.





Place cleaned chicken breasts in a quart size freezer bag. Make the marinade recipe and pour marinade into bag. Use about 1/4 cup of marinade is needed for every 2 chicken breasts (4 – 1/2 breast pieces). Massage the bag so the marinade will surround the chicken breasts. Push the air out of the bag and seal the bag. Place chicken in the refrigerator and let chicken sit in the marinade for a couple of hours or overnight.

Extra bags of chicken can be made and frozen to use at a later date

Grill Chicken at Dinner Time

Place breast pieces on the grill and discard bag and liquid the chicken was in. Grill chicken for about 8 minutes on each side, for a total of 16-20 minutes until juices run clear. I love using a George Forman Grill because the chicken retains more juices, cooks faster and has an even heat.. Cook the chicken for 5 minutes on the George Forman Grill, turn and cook another 4 minutes.

Cut the chicken in the thickest part of the meat to see if there is any pink meat inside. Once the chicken has turned white inside and the juices are clear remove chicken from the grill.



Grilled Chicken



George Forman Grilled Chicken



Baking Chicken at Dinner Time

Remove chicken from the bag and place in a baking dish. Pour remaining marinade over chicken. Bake 350 for about 20 minutes, or until chicken juices run clear. Cut the middle of the chicken breast to see if there is any pink inside of the meat. Stop cooking the chicken when it has turned white inside so it won't dry out.

Serve whole breast pieces for dinner. The leftover chicken can be dice or shred for Salads in a Jar.

When I buy chicken at \$2.00 per pound, it costs about .50 cents for the chicken per salad jar.



Buy already cooked chicken for salads

At the grocery store you can purchase a whole roasted chicken already cooked. Take a fork and knife and cut the chicken off the bones. Discard the skin and bones. You will get about 5 cups of chicken, 1/2 cup is needed for each salad jar so this is enough chicken to make 10 salads in a jar. Another option is to use half of the chicken in a casserole recipe for dinner and then use the other half of the chicken in 5 salads. Cooked chicken cost about \$6-8 each making the chicken cost \$.60-.80 cents per salad jar.



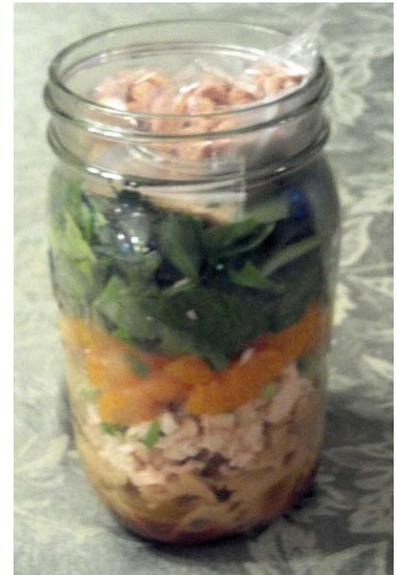
Grilled chicken that is cut into strips can be purchased. These packages have about 6-8 ounces, Which is enough to make two salads. The cost is about \$1.50- \$1.75 per jar.





Teriyaki Bowtie Pasta Salad

Makes 4 quart Salads in a Jar
526 calories per meal/jar



Teriyaki Chicken Marinade

1/2 cup water	1/3 cup Teriyaki sauce
1/3 cup white wine vinegar or rice vinegar	1/4 teaspoon pepper
2 TBL olive oil (optional)	

Follow the directions to clean and cut the chicken. Put the chicken breast halves in a quart sized freezer zip lock baggie. Add the teriyaki chicken marinade, working the marinade around the chicken. Remove as much air from the baggie as possible and seal the bag. The chicken can be refrigerated 2-24 hours before cooking or it can be frozen. Follow the cooking instructions on previous page. Makes about 1 1/4 cup of marinade (enough to do 10 breasts or 20 half breast pieces)

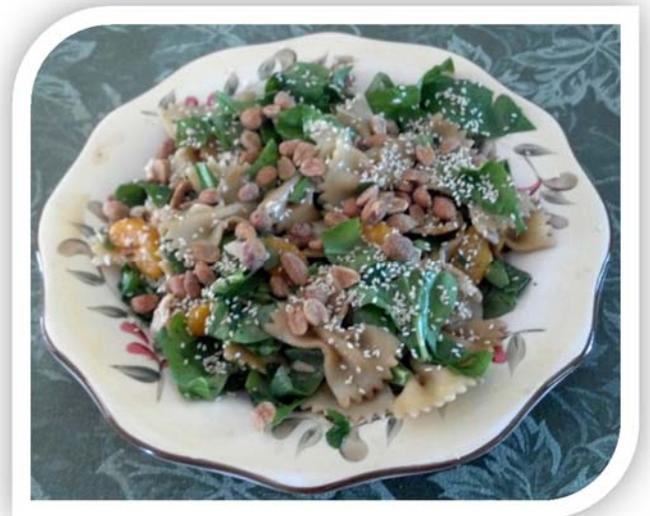
Teriyaki Salad Dressing

1/2 cup water	1/3 cup Teriyaki sauce
1/3 cup white wine vinegar or rice vinegar	3 Tablespoon sugar or Splenda
1/4 teaspoon salt	1/4 teaspoon pepper
1 1/2 Tablespoon Ultra Gel	

Put the Ultra Gel in a small bowl. Measure 1/2 cup of water and put about 1/4th of the water in the Ultra Gel and whisk until the mixture is smooth and it starts to thicken. Slowly add the rest of the water blending until smooth. Put all ingredients, including the Ultra Gel mixture in a blender and blend well. Allow the dressing to sit about 10 minutes and then mix again.

Cook 8 ounce bowtie pasta, rinse in cold water and drain. Mix pasta in a large bowl with the salad dressing.

- Layer 1: Divide salad dressing/pasta among 4-5 wide mouth jars, about 1 cup in each jar
- Layer 2: 1/3-1/2 cup diced chicken (you will need about 2 cups of diced gilled or baked chicken)
- Layer 3: Garnishes can be almost anything you want: dried cranberries, mandarin oranges, water chestnuts, frozen peas, red grapes, pineapple, green onions or purple onion diced. In my salads I put 1/2 can of mandarin oranges in each jar. I split one can of diced water chestnuts between the 4 jars, and I use one bunch of green onions, diced and split them among the jars
- Layer 4: Fill the jar with spinach or lettuce
- Layer 5: Place one or two of these garnishes in a small baggie: 2 Tablespoons of Chow Mein noodles or rice noodles and 2 Tablespoon nuts (honey roasted peanuts, or cashews). Twist the baggie closed and place the baggie in the jar on top of the greens.



To serve, remove the baggie of garnishes. Dump salad on a large plate and stir. Sprinkle garnishes over the salad





**Teriyaki Bowtie
Pasta Salad**



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Other recipes can be found on:

<http://homemakingdivas.com/salad-in-a-jar-2/>

