

CopyCat Wendy's Copycat Mediterranean Power Salad

Ingredients

3 ounces chicken breast
2 tablespoons Great Northern Beans
2 tablespoons garbanzo beans chickpeas
2 tablespoons cooked quinoa or quinoa/brown rice blend
2-3 slices red onion
2 tablespoons crumbled feta
1 small handful grape or cherry tomatoes
4 cups crunchy greens or something like romaine mixed with spinach
2 tablespoons hummus
2 tablespoons light balsamic vinaigrette

Directions

If making jars, multiply quantities by the number of jars you'd like to make. Add chicken first to the bottom of a wide-mouthed quart-size jar. Layer remaining ingredients, ending with the lettuce. Store hummus and dressing separately in single-serve containers (but they can be stored in the jars if you have enough room).

If making a single salad, place lettuce in a salad bowl and add ingredients, including hummus and dressing. Serve immediately.