

# 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.