

SAVORY PARFAITS

Ingredients:

chicken prep:

2 chicken breasts

marinate: juice from 1 lemon, salt, pepper, 1/4 cup olive oil

chicken salad:

2 1/2 cups cubed cooked chicken

6 oz goat cheese

1/4 cup organic greek yogurt

salt/pepper

juice from 1/2 a lemon

1 garlic clove

1 T fresh chives

cherry tomatoes

spinach

slivered almonds

cheddar bunnies

Directions:

Marinate chicken in lemon juice, salt, pepper and olive oil for 30 minutes. Meanwhile preheat your oven to 350F. Transfer chicken to a greased foil-lined baking sheet. Bake until cooked though (20-30 minutes depending on thickness). Cool completely. Chill for an hour or overnight. Cube.

Stir cubed chicken together with goat cheese, organic greek yogurt, salt, pepper, lemon juice, garlic and chives. Layer in a jar or cup with spinach, cherry tomatoes, slivered almonds and cheddar bunnies. Serve!