Chickpea Apple Mason Jar Salad

- [ ] 2 cans chickpeas, rinsed and drained
- [ ] 3 medium red apples (such as Honeycrisp or Gala)
- [ ] 12 ounces fat-free feta cheese, crumbled
- [ ] 9-10 cups arugula
- [ ] 1 red onion
- [ ] 6 tablespoons balsamic vinegar
- [ ] 3 tablespoons olive oil
- [ ] 1 tablespoon lemon juice
- [ ] Salt and black pepper