

FIESTA SALAD IN A JAR

I use mason jars for many things, storing grains, dressings, drinking smoothies from them. But I have to say when I came across this idea of making a salad in them I was thrilled. You can even prepare these days ahead of time and grab and go when needed. The dressing goes on the bottom, veggies and other salad goodies on top. Or just keep the dressing on the side and mix it in later.

INGREDIENTS

- 2 tbsp of olive oil
- 1 tbsp of apple cider vinegar
- 1 tbsp maple syrup
- ½ of a freshly squeezed lime
- ½ can of black beans, rinsed and drained
- ½ cup of quinoa
- 1 roma tomato chopped
- 1 tbsp red onion, finely chopped
- ½ avocado, diced
- 2 tbsp of cilantro
- 2 tbsp of goat cheese
- 2 cups of spinach

METHOD

1. Cook quinoa (1/2 cup quinoa to 1 cup water) and let cool.
2. To make vinaigrette, whisk together olive oil, vinegar, maple syrup, and lime.
3. Next layer the Mason jar in this order (bottom to top)-quinoa, avocado, black beans, red onion, tomatoes, cilantro, goat cheese, and spinach.
4. Screw the lid on the jar and refrigerate for up to 5 days. When ready shake the salad into a bowl and the action of shaking should cover the salad with enough dressing if not toss it with a fork to coat.

