



## Rainbow Chopped Salad Jars

1 serving

15 minutes

### Ingredients

25 grams Tahini  
2/3 Lemon (juiced)  
1 gram Sea Salt  
10 milliliters Water  
164 grams Chickpeas (cooked, from the can)  
42 grams Matchstick Carrots  
1/3 Yellow Bell Pepper (chopped)  
89 grams Purple Cabbage (chopped)

### Nutrition

Amount per serving	
Calories	486
Fat	18g
Saturated	2g
Carbs	67g
Fiber	18g
Sugar	15g
Protein	21g
Cholesterol	0mg
Sodium	491mg
Potassium	961mg
Vitamin A	4145IU
Vitamin C	182mg
Calcium	247mg
Iron	8mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	41µg
Thiamine	0.6mg
Riboflavin	0.3mg
Niacin	3mg

### Directions

- 1 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 2 On top of the dressing, layer the chickpeas, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 3 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

### Notes

**Storage:** Keeps well in the fridge for up to 4 days.

**No Tahini:** Use a nut butter or sunflower seed butter instead.



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Vitamin B6	0.6mg
Folate	345µg
Vitamin B12	0µg
Phosphorous	503mg
Magnesium	126mg
Zinc	4mg
Selenium	15µg