

Black Bean & Quinoa Mason Jar Salad

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This salad is a fresh, low-fat, Mediterranean-style, vegetarian, and vegan recipe that can be a make-ahead meal. Packed with plant-based protein, fiber, and veggies, and layered with a zesty lime-cilantro vinaigrette, it's perfect for grab-and-go lunches that help with managing blood glucose (blood sugar). With no added sugars and high fiber carbs that will digest more slowly, it's a smart, satisfying option for people with diabetes.

 15 min prep time  15 min cook time  4 servings  1 jar

Step-By-Step Instructions:

1. Rinse quinoa under cold water. Combine with 2 cups of water in a pot and bring to a boil. Reduce heat, cover, and simmer until water is absorbed, about 15 minutes. Let cool.
2. In a small bowl or jar, whisk together the lime juice, olive oil, Dijon mustard, garlic, cilantro, salt, and pepper.
3. Assemble salads. In each large mason jar or tall container, in this order, combine:

1. 2–3 Tbsp vinaigrette
2. Sprinkle of red onion
3. 1/2 cup black beans
4. 1/2 cup cooked quinoa
5. 1/4 cup each of tomato, cucumber, and bell pepper
6. Small handful chopped spinach

4. Screw on lids and refrigerate for up to 4 days. When ready to eat, shake well and pour into a bowl—or eat straight from the jar!

Nutrition Facts

4 Servings

Serving Size 1 jar

Amount per serving
Calories **320**

% Daily value*

Total Fat 7g **9%**

Saturated Fat 0.5g **3%**

Trans Fats 0g

Cholesterol 0mg **0%**

Sodium 320mg **14%**

Total Carbohydrate 55g **20%**

Dietary Fiber 12g **43%**

Total Sugars 7g

Added Sugars 0g **0%**

Protein 14g

Potassium 960mg **20%**

Ingredients

quinoa (dry)	1 cup
canned low sodium black beans (drained and rinsed)	1 1/2 cup
cherry tomatoes (halved)	1 1/2 cup
cucumber(s) (diced)	1 whole
orange bell pepper (chopped)	1 whole
baby spinach (chopped)	2 cup
red onion (finely chopped)	1/4 cup
cilantro (chopped)	1 tbsp
fresh lime juice	1/4 cup
olive oil	1 tbsp
Dijon Mustard	1 tsp
garlic (minced)	1 clove
salt	1/4 tsp
black pepper	1/8 tsp