



Black Bean Salad in a Jar

You can make 5 salads in a jar on Sunday, and they will stay fresh & crisp throughout the entire week.

The Mason Jar Salad keeps your greens from touching the dressing until you are ready to eat. The key to creating the perfect salad-in-a-jar lies in the layering. Put the salad dressing in first. It needs to be on the bottom. Then layer in ingredients one by one. You should start with the heaviest, most non-absorbent ingredients first. **Leave the salad greens for last and place on top.**

Cumin-Lime Vinaigrette:

- Juice of 1 lime (2 -3 tbsp)
- 1 tsp honey
- 1-2 tbsp extra virgin olive oil
- 1/4 - 1/2 tbsp ground cumin
- Pinch of sea salt & pepper

Salad:

- 1/2 cup black beans (drained & rinsed well)
- 1/4 cup diced yellow & orange bell pepper
- 2 tbsp sliced green onions
- 1/2 cup chopped purple cabbage
- 1/2 cup cooked quinoa
- 1 small avocado, diced (toss w/ a little lime juice to prevent browning)
- 2 tbsp sliced green onions
- Small handful cilantro or other herb
- Shredded lettuce or another leafy green
- 2 tbsp sliced green onions

Instructions:

For vinaigrette – whisk ingredients together & pour into bottom of mason jar (s).

For salad – Layer ingredients in jar in the order listed (black beans, diced pepper, green onions, red cabbage, quinoa, etc.) ending with the lettuce/greens. Top with lid & refrigerate until ready to eat.

To eat – turn jar over to let vinaigrette coat the salad ingredients. Eat out of the jar or place on bowl or plate.

