



Tex-Mex Salad Jars

Yields: 4 mason jar salads

Salad ingredients

- 2 cups cooked quinoa or cooked brown rice
- 1 cup black beans, drained and rinsed
- 1 cup corn
- 4+ cups greens (such as spinach, romaine, mixed greens or iceberg lettuce)
- 1 cup diced tomatoes
- 2 avocados, diced

Honey lime vinaigrette dressing ingredients

- 3 to 4 tablespoons lime juice
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin
- Salt and pepper to taste
- 2 tablespoons extra virgin olive oil

Instructions

1. Mix all of the ingredients for the honey lime vinaigrette in a small bowl.
2. In the bottom of **each** jar, add 2 to 3 tablespoons of honey lime vinaigrette.
3. Add 1/4 cup black beans, 1/4 cup of tomatoes, 1/4 cup corn, 1/4 cup of quinoa, 1 cup (or more) of greens.
4. Add 1/2 avocado, sliced, on top. Before putting on the lid, top your avocado with a squeeze of lime and a little sprinkle of salt. If you do not plan on eating the salad within 24 hours, wait to add the avocado until closer to serving.
5. When you are ready to eat, unscrew the lid and shake the salad into the bowl.

