



Green Goddess Salad Jar

SERVINGS: 4

PREPPING TIME: 20 MINS

COOKING TIME: 15 MINS

INGREDIENTS

- 1 15 oz. can low-sodium chickpeas,
drained and rinsed
- 3/4 cup uncooked quinoa
- 4 tbsp. cranberries
- 1/2 cup reduced fat feta cheese
crumbles
- 1 1/2 - 2 cucumbers, diced into 1-inch
pieces
- 1 cup edamame, unshelled or 15 oz. tin
edamame
- 8 cups spinach, raw (~2 cups per jar)
- 1 cup alfalfa sprouts

- Dressing:**
- 1 tbsp. olive oil
- 1 tbsp. lime juice
- 2 tbsp. packed cilantro or parsley, finely
chopped
- 4 tbsp. plain non-fat Greek yogurt
- 1 clove garlic, minced
- 1 pinch each salt & pepper

DIRECTIONS

1. Cook quinoa in a rice cooker by combining 1 cup quinoa with 2 cups of water. Cook until all the liquid is absorbed. Instead, you can purchase microwave or frozen packets of quinoa to cut down on prep.
2. Mix the dressing ingredients. Each salad jar should only require 2 tbsp of dressing.
3. Add your chosen dressing to the bottom of a 32 oz. jar for a large salad or a 16 oz. mason jar for a small or side salad.
4. Layer the ingredients of your choice in the specified order.
5. The jars can be stored in the fridge for up to 4 or 5 days. For convenient meal prep, cook the quinoa up to 24 hours in advance, making assembly quick and easy.

NUTRITION

Serving size: 1 salad jar
 (per serving) 420 calories, 13g fat, 3.5g saturated fat, 10mg cholesterol, 530mg sodium, 56g carbohydrate, 12g fiber, 12g sugar, 25g protein