Lunch

Layered Black Bean and Quinoa Jar Salad

Fluffy quinoa, black beans and crunchy vegetables are layered in tall jars with baby spinach and a zingy cilantro lime dressing. They hold up well when made ahead, so each jar is ready to shake and eat.



Vegan | Dairy free | Nut free

30 min	320	55 g	7 g
time	calories	carbs	sugars

Ingredients, 4 servings

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

Nutrition Facts

Per serving

Calories	320
Total fat	7 g
Saturated fat	0.5 g
Sodium	320 mg
Total carbs	55 g
Fiber	12 g
Total sugars	7 g
Protein	14 g

Method

- [ ] 1 Rinse the quinoa under cold water, then place it in a pot with 2 cups of water and bring it to a boil.
- [ ] 2 Lower the heat, cover the pot, and simmer for about 15 minutes until the water is absorbed, then let the quinoa cool.
- [ ] 3 Whisk the fresh lime juice, olive oil, Dijon mustard, minced garlic, chopped cilantro, salt, and black pepper together in a small bowl or jar to make the dressing.
- [ ] 4 Pour a share of the dressing into the bottom of each large mason jar or tall container.
- [ ] 5 Layer the quinoa, drained and rinsed black beans, finely chopped red onion, chopped orange bell pepper, diced cucumber, and halved cherry tomatoes over the dressing in each jar.
- [ ] 6 Finish with a layer of chopped baby spinach, seal the jars, and chill until serving, then shake or tip each salad into a bowl.

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