

## Salad In A Jar

*Hosted by: FitLife Registered Dietician*

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### Mediterranean Quinoa Salad

#### 4. Dressing:

2 Tbsp Lemon Vinaigrette (recipe below)

#### 3. Hearty Bits:

1/4 cup feta, crumbled  
1/4 cup garbanzo beans

#### 2. Lighter Bits:

1/2 cup cooked quinoa  
1/4 cup tomatoes, chopped  
1/4 cup red onion, chopped  
1/4 cup cucumber, chopped

#### 1. On top, greens:

1/2 cup mixed greens

#### Extra Ingredients:

1 Tbsp fresh mint, chopped  
1 Tbsp cup pine nuts



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### Lemon Vinaigrette

(will make enough for 3-4 mason jars)

#### Ingredients:

Juice from one large lemon

1/2 cup olive oil

Few grinds of black pepper

Pinch of salt

Shake all ingredients together in a small container.