Salad In A Jar

Hosted by: FitLife Registered Dietician

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

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.