

MY FAVORITE LUNCH: STACKED SALAD IN A JAR

Ingredients:

dressing -

1/4 t honey
2 T champagne vinegar
1 T olive oil
1/4 t sriracha
1/4 t grainy mustard
1 t capers
salt + pepper

salad -

1/3 cup chick peas, kidney beans or any bean, drained and rinsed
cherry tomatoes
slivered almonds
cucumbers
greens
1 avocado

Directions:

Whisk the dressing ingredients in the bottom of a pint jar. Layer beans, tomatoes, almonds, cucumbers and greens. Top with a lid and pop in the fridge.

To serve, dump out on a plate. Cut up 1 avocado and add it to the mix. Enjoy!!

Please note: This dressing can be adapted to whatever you love. Add garlic, if you want! Use lemon juice instead of vinegar. Swap out the honey for a pinch of sugar to make it vegan. As far as the salad goes, live your life! Add a boiled egg, grilled chicken, or a hunk of feta. Use radish slices or add hummus, or quinoa. The main rule is just to put the greens on top and the things that won't get soggy on the bottom: beans, nuts, grains, etc... NBD, though. You got this.