

Salad in a Jar

Portions: 5

Ready in: 10 minutes

Ingredients:

- 5 Tbsp favourite salad dressing
- 2.5 cups cooked chickpeas (or 1 can rinsed and drained canned chickpeas)
- 2 cups cooked grain (brown rice, quinoa, barley, buckwheat)
- 5 cups torn lettuce
- 1 cup favourite chopped vegetables (pepper, cabbage, carrots, corn)



Instructions:

1. Get a 2 cup mason jar
2. Place 1 Tablespoon of dressing at the bottom of jar
3. Layer with $\frac{1}{4}$ cup chickpeas, $\frac{1}{4}$ cup cooked grain, add the chopped or grated vegetables
4. Top with lettuce
5. Using a cookie scoop, portion out dough and form into balls.

Tips:

- Store in the fridge for up to 3 days
- Grab when you need a lunch on the go
- You can mix and match your favourite toppings or what you have from leftovers throughout the week