Greek Chickpea Salad Jar

FOOD FOR FATIGUE

15 Min. Prep | Makes 1 Serving

Ingredients

Salad
- 1/2 cup cucumber, chopped
- 1/4 cup red onion, diced
- 1/2 cup tomatoes, chopped
- 1/2 cup chickpeas, drained and rinsed
- 1/4 cup kalamata olives, chopped
- 2 Tbsp. parsley, chopped
- 2 cups spinach

Dressing
- 2 Tbsp. hummus
- 2 Tbsp. balsamic vinegar

Directions

1. Whisk together dressing ingredients and pour dressing into a 32 ounce or larger mason jar.

2. Layer vegetables in the following order:
   - Cucumbers
   - Onion
   - Tomatoes
   - Chickpeas
   - Olives
   - Parsley
   - Spinach

3. Seal jar and eat immediately or store in refrigerator
Greek Chickpea Salad Jar

To Serve
Shake jar well before serving - eat directly out of jar or pour into serving bowl.

Notes
Easy lunch! Perfect for make ahead meal prep.
Includes 5 servings of vegetables!
Additional benefits:
- Loaded with antioxidants and phytonutrients to support your immune health.
- High in protein to support your energy needs.
Customizable ingredients:
- Try to use a vegetable from each color of the rainbow!
- Use any bean or legume in place of chickpeas.
- Use black beans with bell peppers, tomatoes, avocado, and spinach with a salsa picante dressing for a southwest flavor!

Nutrition Info
290 calories, 12g protein, 9g total fat, 1g saturated fat, 634mg sodium, 43g carbs, 10g fiber, 0g added sugars