

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



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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

