



MEXICAN SALAD IN A JAR

MAKES 1 SERVING

Ingredients:

- Salsa of your choice
- ¼ c sweet corn
- ¼ c black beans
- ¼ c tomatoes
- 2 Tbsp diced sweet onions
- ½ c chopped pepper (color of choice)
- Chopped cilantro to taste
- 2 handfuls of fresh spinach

Directions:

Place the desired amount of salsa in the bottom of a mason jar. Layer sweet corn, black beans, tomatoes, sweet onions, and chopped pepper. Add as much cilantro as you desire and top with two handfuls of spinach. Close the jar with a lid and refrigerate. When ready to serve, shake the jar to blend ingredients.