

SALADS

Mexican Salad in a Jar

Makes 1 serving

SATIETY SCORE 3 / 5	NUTRITION HIGH
Per serving (approx.): Protein 5 g · Fiber 6 g · Calories 130	

Ingredients

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

Directions

1. Place the desired amount of salsa in the bottom of a mason jar.
2. Layer the corn, black beans, tomatoes, onion, and pepper.
3. Add cilantro and top with the spinach.
4. Seal and refrigerate; shake to blend when ready to serve.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Mexican Salad in a Jar

Makes 1 serving

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 medium tomato (about ¼ cup chopped)
- ☐ 1 medium onion (about ⅓ cup diced)
- ☐ cilantro
- ☐ 2 handfuls of fresh spinach

PANTRY & DRY GOODS

- ☐ Salsa of your choice
- ☐ ¼ cup sweet corn
- ☐ ¼ cup cooked black beans
- ☐ ½ cup pepper (color of choice)