

## 5 Days of Mango Black Bean Quinoa Salad in a Mason Jar

Servings: 5 salads

Total Time: 30 minutes

You'll need 5 clean mason jars with lids

### Ingredients:

#### For the dressing:

2 limes, juiced  
2 tablespoons honey  
1 teaspoon white sugar  
1 tablespoon Dijon mustard  
1 teaspoon garlic powder  
½ teaspoon cumin  
Pepper to taste  
1/3 cup olive oil

#### For the salad:

1 avocado, diced  
1 lime, juice or 1 tbsp. lime juice  
2 cups frozen diced mango, thawed  
1 jalapeno, seeded and finely chopped  
1/2 cup finely chopped cilantro  
1 can black beans, drained  
1 cup yellow corn, drained  
1 cup cooked quinoa  
5 cups shredded romaine lettuce

**Chef Notes:** Store in the refrigerator for up to 7 days. You can use brown rice as a substitute for quinoa. Before serving, vigorously shake, and pour into a bowl to enjoy!  
**Storage Tips:** Store in the refrigerator for up to 7 days.



### Directions:

Place all of the dressing ingredients except olive oil in a blender. Blend on low until thoroughly combined. With the blender running on low, stream the olive oil into the blender and blend until smooth. Assemble the salad in the following order: In the bottom of each jar, add 2-3 tablespoons of the Honey Lime Vinaigrette. Next, divide the quinoa evenly between all 5 jars. Squeeze the juice of one half of the lime on the mango, and the other half over the avocado. Divide the mango among the jars, and then add the black beans and corn. Next, add the avocado, onion, and jalapeno. Top with Cilantro and greens.

**Nutrition Information per Serving:** 446 calories, 24g total fat, 4g saturated fat, 11g protein, 56g carbohydrates, 154mg sodium