

Salad in a Jar

From Chaz Miller

Ingredients:

½ Cup of Your Favorite Vinaigrette
1 Can GOYA Black Beans or Chick Peas (drained and rinsed)
½ Cup GOYA Brown Rice or Organic Quinoa (cooked)
4 Hard Boiled Eggs (Chopped)
1 Cup GOYA Manzanilla Olives with Pimentos (Chopped)
4 Cups of Your Favorite Lettuce
½ Cup Toasted Almonds (Sliced)
½ Cup Other Ingredients of your choice: Grilled Chicken, Tofu, Grilled Salmon, Ham, Onions, Mushrooms, Tomatoes, Cucumbers, Carrots, Peppers, Cheese, Fruit, GOYA Golden Corn, etc.

Instructions:

- 1- Divide dressing between four 16-oz. (one pint) Mason jars evenly.
- 2 - Layer ingredients in each jar, starting with beans, and then adding rice, eggs, olives and other ingredients of your choice. Finish with almonds and then lettuce at top of jar.
- 3 - Close lids and refrigerate.
- 4 - When ready to eat, remove from refrigerator and shake jar to dress salad.