



## Layered 7-Bean Salad in a Jar

### Ingredients:

- Lemon vinaigrette
  - 1/2 TBSP Lemon juice
  - Lemon zest
  - 1 TBSP olive oil
  - Salt and pepper to taste
- 2 TBSP Red onion, minced
- 2 TBSP Cucumber, diced
- 2 TBSP Chickpeas
- 2 TBSP Black beans
- 2 TBSP Red Beans
- 2 TBSP Lima Beans
- ¼ C Colorful bell pepper, finely chopped
- ¼ C Green Beans
- ¼ C Edamame

### Nutritional Information:

- **Servings: 1**
- Calories: 320 kcal
- Fat: 16.6 g
- Saturated Fat: 2.3 g
- Cholesterol: mg
- Sodium: 50 mg
- Carbohydrates: 33 g
- Fiber: 11 g
- Sugar: 5 g
- Protein: 13 g

### Instructions:

1. Make the dressing: mix the lemon juice, zest, and oil in a small bowl. Add salt and fresh cracked pepper to taste.
2. Put a layer of red onion in the bottom of your clean jar.
3. Add half of the dressing on top.
4. Begin layering your beans and veggies, pressing down slightly as you go. Keep the layers level, and try to use contrasting colors so it will look appealing.
5. Layer all the way to the top and then cap the salad and refrigerate until ready to eat.
6. Flip the jar over before eating to let the dressing percolate down over the salad.

### Make it your own:

Add chopped chicken or some leftover salmon for extra protein.  
Layer the beans with chopped greens or veggies too!

This delicious recipe adapted from:

<https://theviewfromgreatisland.com/minimal-monday-layered-7-bean-salad-in-a-jar/>