

ENTREES

Mason Jar Taco Salad



PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

HOMEMADE CHERRY TOMATO SALSA

**Recipe Note - you may also use your favorite store bought salsa instead*

INGREDIENTS

- 1 handful cherry tomatoes
- 1 tablespoon chopped onion
- 1 tablespoon chopped cilantro, or parsley
- 1 tablespoon lime juice
- 1 tablespoon chopped pickled jalapeños (optional)

INSTRUCTIONS

- Place all of the ingredients in a mini-food processor or blender.

TACO SALAD

INGREDIENTS

- 1/2 cup homemade cherry tomato salsa (or store bought version)
- 1 handful lettuce
- 2 tbsp cherry tomatoes
- 1/3 cup cooked black beans
- 3 oz. cooked chicken
- Radishes

INSTRUCTIONS

- Cover the bottom of the jar with salsa.
- Layer, lettuce, tomatoes, black beans, chicken and radishes on top.
- Refrigerate until ready to eat. You can shake up the jar and enjoy the salad right from the mason jar or serve in a bowl.