

MASON JAR SALADS – SANTA FE

Ingredients:

2 tbsp Brianna's® Rich Santa Fe Blend Dressing
½ cup toasted pumpkin seeds
¼ cup diced poblano pepper
1 cup romaine lettuce, chopped
¼ cup cherry tomatoes
¼ cup cucumber, cut into bite-size pieces

Per Serving:

Calories: 220
Fat: 7g
Omega-3: 86mg
Cholesterol: 0mg
Sodium: 500mg
Carbohydrates: 34g
Fiber: 3g
Sugar: 11g
Protein: 9g
Vitamin A: 116%
Vitamin C: 203%
Calcium: 6%
Iron: 14%
Magnesium: 30%
Zinc: 25%

Preparation:

For each salad listed below, layer all the ingredients in the Mason jar, starting with the salad dressing. Keep in the refrigerator until ready to eat. Turn the Mason jar upside down for 1 minute before eating so the dressing covers the salad toppings. Empty the toppings into a bowl of your favorite salad greens and enjoy.

