

Mexican Salad in a Jar



Discover the taste of Mexico in a jar with our vibrant and nutritious Mexican Salad. Packed with fresh ingredients and bold flavors, this portable delight makes healthy eating a breeze. Enjoy the convenience and savor the fiesta in every delicious layer!

Preparation 10 min

Cooking 0 min

Servings 2

Nutrition Facts (per serving)

Calories 410

Fat 16

Carbohydrates 45

Fibre 11

Protein 25

Sodium 240

Ingredients

Ingredients for the sauce

- 170 ml (2/3 cup) Greek yogurt 0% or 2%
- 10 ml (2 tsp) of cider vinegar
- 5 ml (1 tsp) of honey

- 5 ml (1 tsp) sriracha (optional)
- 1/2 cup finely chopped cilantro
- A pinch of salt

Ingredients for the salad

- 250 ml (1 cup) canned black beans
- 65 ml (1/4 cup) english cucumber, diced
- 190 ml (3/4 cup) corn grain
- 125 ml (1/2 cup) tomatoes, diced
- 1/2 avocado, diced
- 15 ml (1 tbsp) lemon juice
- 125 ml (1/2 cup) grated cheddar cheese

Preparation

1. Put the sauce at the bottom of the jar by mixing all the ingredients.
2. Put the black beans on top of the sauce, and spread the other ingredients according to the order in the list.
3. To eat in the jar, leave space on the top so you can mix well.

Notes



Guillaume Couture – Founder, President, and Director of Innovation
President | Founder