

# Rainbow Chopped Salad Jars

3 SERVINGS 15 MINUTES



## INGREDIENTS

1/3 cup Tahini  
2 Lemon (juiced)  
1/2 tsp Sea Salt  
2 tbsps Water  
3 cups Chickpeas (cooked, from the can)  
1 cup Cherry Tomatoes  
1 cup Matchstick Carrots  
1 Yellow Bell Pepper (chopped)  
3 cups Purple Cabbage (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	495	Carbs	69g
Fat	18g	Protein	22g

## DIRECTIONS

- 01 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 02 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 03 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!