

Mexican Salad in a Jar

submitted by JahLove7124



Per serving: 346 Calories • 57.5g Carbs (12g Fiber) • 7.3g Fat • 16.8g Protein

Ingredients

Ingredients scaled to: 2 serving

- 3 cup shredded **Lettuce** (141 grams)
- 1 cup **Corn** (145 grams)
- 1/2 cup **Black beans** (97 grams)
- 1/2 cup, chopped or sliced **Tomatoes** (90 grams)
- 2 tbsp, shredded **Cheddar cheese** (14 grams)
- 9 chips **White Corn Tortilla Chips** (28 grams)
- 1 dash **Salt** (0.40 grams)
- 1 dash **Pepper** (0.10 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Divide the ingredients into half for two separate salad jars.
2. Place the following ingredients into the jar starting with lettuce, corn, black beans, tomatoes, cheese, chips.
3. Put the lid on and store in refrigerator until ready to eat. Top with your favorite dressing and season with salt and pepper.
4. Enjoy!