



Green Goddess Mason Jar Salad

2 servings

25 minutes

Ingredients

1/4 cup Brown Basmati Rice (dry, rinsed)
2 tbsps Green Goddess Salad Dressing
1 cup Frozen Edamame (thawed)
1/4 cup Broccoli (cut into florets)
1/4 Cucumber (medium, diced)
2 cups Mixed Greens
2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	310
Fat	16g
Carbs	29g
Fiber	6g
Sugar	4g
Protein	15g
Cholesterol	6mg
Sodium	156mg
Vitamin A	349IU
Vitamin C	20mg
Calcium	92mg
Iron	3mg
Selenium	1µg

Directions

- 1 Cook the rice according to the package directions. Let it cool to room temperature.
- 2 Layer the ingredients in a mason jar in the following order: Green Goddess dressing, edamame, broccoli, rice, cucumber, mixed greens, and hemp seeds
- 3 Seal the jar and refrigerate until ready to serve.
- 4 When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Store in the fridge for up to three days.

Serving Size: 16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

More Flavor: Season with salt, pepper, or your choice of herbs and spices.