

RECIPE | CUCUMBERS

# GREENS ON-THE-GO



[PURE-FLAVOR.COM](https://www.pure-flavor.com)

# GREENS ON-THE-GO



10 min

10 min  
PREP

0 min  
COOKING



2



easy

## INGREDIENTS

### For the jar:

- 1 dry pint** Pure Flavor® Uno Bites™ Nano Cucumbers, sliced and divided
- 2 cups** spinach
- 1 cup** quinoa, cooked
- 1 cup** edamame
- 1 cup** chickpeas

### For the dressing:

- 2 cloves** of garlic, minced
- 2 tbsp** olive oil
- 2 tbsp** lime juice
- 2 tbsp** cilantro, finely chopped
- 2 tbsp** sour cream
- 1 tsp** salt
- 1 tsp** pepper

## DIRECTIONS

- 1 In a small bowl, add all the ingredients for the dressing, whisk to combine.
- 2 Pour half of the dressing into the bottom of each mason jar.
- 3 Add half of the chickpeas, quinoa, ¼ of the cucumbers, edamame, spinach. Top with the remaining cucumbers and seal the lid.
- 4 Store jars in the refrigerator until ready to serve.

**Pro Tip:** When ready to eat, pour jar into a bowl.