



RECIPE | TOMATOES

NOURISH SALAD JAR



15 min
PREP.



2



easy

15 min

0 min
COOKING

INGREDIENTS

For the jar:

- 1 dry pint** Pure Flavor® Sangria® Medley Tomatoes, halved
- 8 oz** Pure Flavor® Aurora Bites Mini Sweet peppers, sliced
- 2 cups** chickpeas, drained
- 2 cups** quinoa, cooked
- 2 cups** mixed greens
- 1 cup** carrots, chopped
- 1 cup** red onion, diced

For the dressing:

- 1** medjool date
- ¼ cup** water
- ¼ cup** sunflower butter
- 1½ tbsp** soy sauce
- 1½ tbsp** rice vinegar
- ½ tbsp** garlic, minced
- 1 tsp** ground ginger



DIRECTIONS

- 1 Add all dressing ingredients to a food processor and blend until smooth.
- 2 Pour half of dressing into the bottom of each mason jar.
- 3 Add half of the chickpeas, quinoa, tomatoes, peppers, carrots and red onion to each mason jar and seal lid.
- 4 Store jars in the refrigerator until ready to serve.

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