

# MEDITERRANEAN CHICKPEA MASON JAR SALADS

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COURSE: MAIN COURSE, SALAD    CUISINE: MEDITERRANEAN

KEYWORD: MASON JAR    PREP TIME: 20 MINUTES

TOTAL TIME: 20 MINUTES    SERVINGS: 4    CALORIES: 324KCAL

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These Mediterranean Chickpea Mason Jar Salads are an easy make-ahead meal. Great for a vegetarian packed lunch or fast dinner, they are loaded with plant-based protein and feature a flavorful red wine vinaigrette.

## INGREDIENTS

### RED WINE VINAIGRETTE

- 1/4 cup extra-virgin olive oil
- 3 tablespoons red wine vinegar
- 2 cloves garlic , **minced**
- 1 teaspoon spicy brown mustard
- 1 teaspoon maple syrup
- 2 tablespoons water
- 1/2 teaspoon dried oregano
- 1/2 teaspoon fine sea salt
- freshly ground black pepper

### SALAD ASSEMBLY

- 1 small red onion , **diced**
- 1 English cucumber , **chopped**
- 1.5 cups cooked garbanzo beans (1 15-oz. can, **drained and rinsed**)
- 1 pint cherry tomatoes , **chopped**
- 1/2 cup crumbled feta **(optional)**

## INSTRUCTIONS

1. Prepare the red wine vinaigrette by adding the oil, vinegar, garlic, mustard, maple syrup, water, oregano, salt, and several grinds of black pepper to a small jar with a lid. (I use a small mason jar.) Shake it vigorously to combine.
2. Arrange 4 wide-mouth quart-sized mason jars on your counter for easy salad assembly. Pour 3 tablespoons of the dressing into the bottom of each one. On top of the dressing, add the diced onion, cucumber, beans, cherry tomatoes, feta, and then the lettuce, in that order to avoid soggy vegetables.
3. Secure the lid to make the jars airtight, then store in the fridge until ready to serve for up to 4 days.
4. To serve the mason jar salad, unscrew the lid and pour the contents into a large bowl. Since the dressing is on the bottom, it will pour over the salad last, dressing all of the vegetables. Stir well to coat, then enjoy right away.

- 1 large head of romaine ,  
chopped

## NUTRITION

Calories: 324kcal | Carbohydrates: 29g | Protein: 10g | Fat: 19g | Saturated Fat: 4g | Cholesterol: 16mg | Sodium: 536mg | Potassium: 616mg | Fiber: 6g | Sugar: 10g | Vitamin A: 1365IU | Vitamin C: 32.7mg | Calcium: 157mg | Iron: 3.2mg

<https://detoxinista.com/mediterranean-mason-jar-salads/>