



## Antipasto Salad Jar

4 servings

40 minutes

### Ingredients

- 2 Red Bell Pepper (diced)
- 1 cup Red Onion (diced)
- 1 cup Cherry Tomatoes (halved)
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 cup Basil Leaves
- 4 cups Baby Spinach (divided)
- 1 Lemon (juiced)
- 1/3 cup Sunflower Seeds
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Tamari
- 2 Garlic (cloves, peeled and chopped)
- 1/3 cup Black Olives (pitted and chopped)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	406
Fat	23g
Saturated	3g
Trans	0g
Polyunsaturated	7g
Monounsaturated	12g
Carbs	42g
Fiber	8g
Sugar	6g
Protein	11g

### Directions

- 1 Preheat oven to 410°F (210°C). Place your diced red pepper, red onion and cherry tomatoes together in a mixing bowl and toss with a splash of extra virgin olive oil. Season with sea salt and pepper. Line a baking sheet with parchment paper and spread veggies across evenly. Bake in the oven for 30 minutes.
- 2 Meanwhile, place your quinoa in a saucepan with the water. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 minutes or until all the water has been absorbed. Remove from heat, fluff with a fork and set aside.
- 3 Next make your pesto by combining basil, half of the spinach, lemon juice, sunflower seeds, olive oil, tamari and garlic cloves in a food processor. Blend until a creamy consistency forms.
- 4 Remove vegetables from oven and place back in the mixing bowl. Add the black olives and toss well.
- 5 Gather your mason jars. Place a few spoonfuls of quinoa in the bottom of each jar. Next add a spoonful or two of pesto. Then layer in the roasted veggies. Finish each jar by packing it with spinach. Shake and dump into a bowl when ready to enjoy!