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Avocado Lemon Coriander Salad-in-a-Jar with Turmeric Quinoa

You can stuff a lot of food into a jar, even smaller 500ml jars, which is what I used for this deliciously refreshing anti-inflammatory salad. Perfect make-ahead lunch for those busy back-to-school September days. This salad gets its anti-inflammatory properties from alkalizing greens and lemon juice, fresh herbs, healthy fat-

rich avocado and pumpkin seeds, and inflammation-busting turmeric. Quinoa and cannellini beans add a hit of protein and fibre for a filling meal.

Turmeric Quinoa (makes enough for 4 jars):

1 cup dry organic red and/or white quinoa, rinsed & drained

2 cups water

1 organic veggie bouillon cube (yeast-free or low-sodium options recommended)

½ tsp. organic turmeric powder

½ tsp. organic garlic powder

¼ tsp. smoked paprika

⅛ tsp. black pepper (to taste)

Salad-in-a-Jar (for 1 jar):

¼ recipe prepared & cooled Turmeric Quinoa

¼ to ½ diced avocado

¼ cup (loose) chopped fresh cilantro/coriander leaves

½ cup cooked organic cannellini beans, rinsed & drained

Handful organic leafy greens, e.g. baby kale, spinach, spring mix, etc.

1 Tbsp. raw pumpkin seeds

Juice of ½ organic lemon

1 Tbsp. organic extra-virgin olive oil

Prepare quinoa in advance by placing all ingredients in a medium pot over medium-high heat. Bring to a boil, reduce heat to medium-low, and simmer, stirring occasionally until all water is absorbed and quinoa is cooked, about 15-20 minutes. Allow to cool in the fridge overnight.

Once quinoa is cooled, start layering salad ingredients into the jar in the order listed. Refrigerate until ready to serve, then shake well, or pour out onto a plate or bowl, and eat.

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