

# Rainbow Chopped Salad Jars

## Ingredients

- 1 cup chopped red bell pepper
- 1 cup chopped carrots
- 1 cup chopped cucumber
- 1 cup shredded purple cabbage
- 1 cup leafy greens (spinach or kale)
- ½ cup cooked chickpeas
- 2 tbsp lemon-tahini dressing (or olive oil + lemon juice)

## Instructions

1. Wash and chop all vegetables into small bite-sized pieces.
2. In a jar or bowl, layer the vegetables in rainbow order: red bell pepper, carrots, cucumber, cabbage, leafy greens.
3. Add chickpeas on top.
4. When ready to eat, drizzle with dressing and toss before serving.

## Benefits

- Different colors = different antioxidants:

- Red bell pepper (vitamin C for collagen).
- Carrots (beta-carotene for healthy glow).
- Purple cabbage (anthocyanins to fight inflammation).
- Greens (iron and folate for cell repair).
- Chickpeas add zinc and protein, which support clear skin.