

Make Ahead Meal

# Mexican Cuisine Inspired Box



Healthy & Easy

Lunch Box Recipe

## INGREDIENTS

1 cup fresh spinach	
1/2 cup canned black beans	2 Tbsp lime juice, divided
1/4 cup corn, frozen or canned	1/2 Tbsp olive oil
1/2 medium bell pepper	1/2 tsp. cumin
1/4 cup cherry tomatoes	1/2 avocado
2 Tbsp red onion, divided	2 Tbsp cilantro, divided
	jalapeños, to taste

## DIRECTIONS

1. Chop: bell pepper, onion, tomatoes, cilantro, spinach and jalapeños. Set aside, do not combine.
2. Make the dressing: combine 1 Tbsp lime juice, olive oil, cumin, and 1 Tbsp cilantro. Set dressing aside.
3. Combine salad ingredients and mix well: spinach, black beans, corn, bell pepper, tomatoes and 1 Tbsp onion.
4. Make the Avocado Mash: in a small bowl, mash avocado. Add 1 Tbsp onion, 1 Tbsp lime juice, 1 Tbsp cilantro and jalapeño. Mix well.
5. Assemble box: salad in one area, avocado mash in another. Keep dressing separate until ready to eat to prevent wilting.

## NOTES

Food storage containers with divided compartments are not a necessity. Use food to separate sections, such as lettuce & vegetables (sliced into "sticks")