

## Mexican-style Stacked Avocado Salad



### Ingredients

- 3 cups of cooked rice (or quinoa)
- 1 romaine lettuce, chopped in strips
- 1½ cups of corn
- 1½ cups of dices tomatoes
- 1½ cups of black beans, washed and drained
- 1 jalapeño pepper, thinly sliced
- ½ cup of coriander, minced
- 2 cups of your favourite guacamole recipe
- 2 cups of grilled chicken or grilled shrimps (optional)
- 125 ml of olive oil
- 1 tablespoon of lime juice
- ¼ cup of coriander, minced

Serves 4

### Preparation

1. Divide all salad ingredients into 4 even portions.
2. Place a portion of rice in a large mason jar.
3. Follow up by stacking the black beans, diced tomatoes, chopped romaine lettuce, corn and a few jalapeño slices, in that order.
4. Add French dressing and seal the jar.

