

# Hummus and Kale Jars

## Ingredients

- Hummus - I use store bought
- 12 oz Bag of chopped kale
- Halved Cherry Tomatoes
- Lemon Dressing
  - 2 tablespoons fresh squeezed lemon juice
  - ¼ cup extra virgin olive oil
  - ½ teaspoon garlic grated
  - 1 teaspoon Dijon mustard
  - ⅛ teaspoon pepper
  - 1 TBS honey

## Directions

1. Fill the bottom of your jar with hummus- about ¼ cup.
2. For the dressing, add all ingredients to a bowl and whisk together until combined.
3. Add kale to medium bowl and pour on dressing. Use hands to massage kale- this will make it much more tender
4. Add kale to your jar and top with cherry tomatoes
5. Enjoy!

MADE WITH LOVE

by Teresa Forehand