

SALAD IN A JAR



← Layer your salad ingredients in the jar as below. Adjust ratios to your liking. Screw on the lid. Store in the fridge until ready to use. Shake just before using.

Layer 5- Leafy Greens

Spinach, lettuces, kale, radicchio, raab, arugula, herbs, sprouts

Layer 4- Softer Veggies

Tomatoes, corn, cucumbers, mushrooms, leftover grilled or roasted veggies like eggplant and zucchini

Layer 3- Crunchy Veggies

Carrots, celery, peas, radish, peppers, turnips, kohlrabi

Layer 2- Protein

Nuts, beans, cheese, pork, chicken, tofu, tempeh, pasta. Layer 2 & 3 will soak up the dressing- so put your firmest in first.

Layer 1- Dressing

2-4 Tablespoons of salad dressing poured into the bottom of the jar.

Simply pour onto a plate or bowl and everything will mix as it falls into place. In a hurry? Shake up the jar and eat right out of it!

Experiment with different ideas like a sweet yogurt dressing, a fresh fruit layer, quinoa then spinach, OR try Mexican flavors like fresh salsa, rice and beans, avocado, cilantro and lettuce.