

# Salad in a Jar

## Benefits:

1. Your lunch stays fresh. With a few minutes of prep work, lunch is set for the entire week – the salads keep up to five days in the Mason jar. Just grab a salad and go.
2. Transport is easy and convenient.
3. If you are low on vegetable consumption, this is a sure way to change that.



## How to:

- Bottom layer is your dressing – Very important. It keeps the dressing away from the delicate greens and from getting soggy and icky.
- Second layer – Choose crunchy/hearty vegetables (tomatoes, peppers, cucumbers, onions and carrots.) Anything that goes well with a marinade since essentially that is what is happening to them all week.
- Third layer – Your protein and/or grains (steak, chicken, pepperoni, eggs, cheese, beans, pasta, rice, etc.)
- Next layer – Lettuce or greens (spinach, kale, cabbage, etc.)
- Final layer – seeds or nuts (sunflower, pecans, walnuts, etc.)
- On top – add a saltine cracker or folded paper towel to absorb the moisture and prevent sogginess. The cracker works best.

## Recipes:

### Artichoke and Tortellini Mason Jar Salad

Five Servings

#### Ingredients:

- 5-quart size mason jars (wide mouth preferred)
- Ten TBS Italian dressing (make your own or use a quality low-fat dressing)
- 1 quart cherry tomatoes, halved
- 1 red onion, chopped
- Two cans quartered artichoke hearts, cut in half
- Four ounces dried cheese-filled tortellini, cooked according to package directions.
- Five ounces goat cheese



- Five cups bagged spinach/arugula blend salad

Directions:

1. All ingredients are listed in layering order.
2. Divide all of the ingredients evenly among five Mason jars.
3. When you are ready to eat, shake to coat the salad items with dressing and enjoy!

From: Skinny Mom's Kitchen

### Caprese Mason Jar salad

Four Servings

Ingredients:



- 8 tablespoons balsamic vinaigrette or pesto
- 10 ounces small fresh mozzarella balls
- 1 cup fresh baby spinach and fresh basil leaves, torn
- 2 cups assorted colored sugar plum tomatoes (red, yellow, orange)
- 1 cup fresh baby spinach and fresh basil leaves, torn
- 2 cups cooked orzo pasta

Directions:

1. All ingredients are listed in layering order.
2. Divide all of the ingredients evenly among four Mason jars.
3. When you are ready to eat, shake to coat salad items with dressing and enjoy!

From: Mason Jar Layered Salads by Rachel Voorhees

<http://www.allparenting.com/my-table/articles/965793/mason-jar-layered-salad-recipes>

### Cobb Mason Jar salad

Four Servings

Ingredients:

- 8 tablespoons red wine vinaigrette, Ranch or French dressing
- 2 cups iceberg lettuce, chopped
- 2 cups chopped cooked chicken breast
- 2 cups chopped tomatoes
- 4 hard-boiled eggs, sliced into circles



- 2 cups crumbled bacon
- 2 cups chopped avocado (tossed in lemon juice to prevent browning)
- 4 tablespoons green scallions, finely chopped
- 2 cups iceberg lettuce, chopped
- 4 tablespoons crumbled blue cheese

Directions:

1. All ingredients are listed in layering order.
2. Divide all of the ingredients evenly among four Mason jars.
3. When you are ready to eat, shake to coat the salad items with dressing and enjoy!

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### **Chunky Mediterranean Mason Jar salad**

Four Servings



Ingredients:

- 8 tablespoons red wine vinaigrette or Greek-inspired dressing
- 2 cups red sugar plum tomatoes
- 2 cups chopped English cucumber
- 2 cups pitted Kalamata olives
- 2 cups fired-roasted red and yellow peppers, thinly sliced
- 2 cups red onion, chopped
- 2 cups crumbled feta cheese

Directions:

1. All ingredients are listed in layering order.
2. Divide all of the ingredients evenly among four Mason jars.
3. When you are ready to eat, shake to coat the salad items with dressing and enjoy!

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