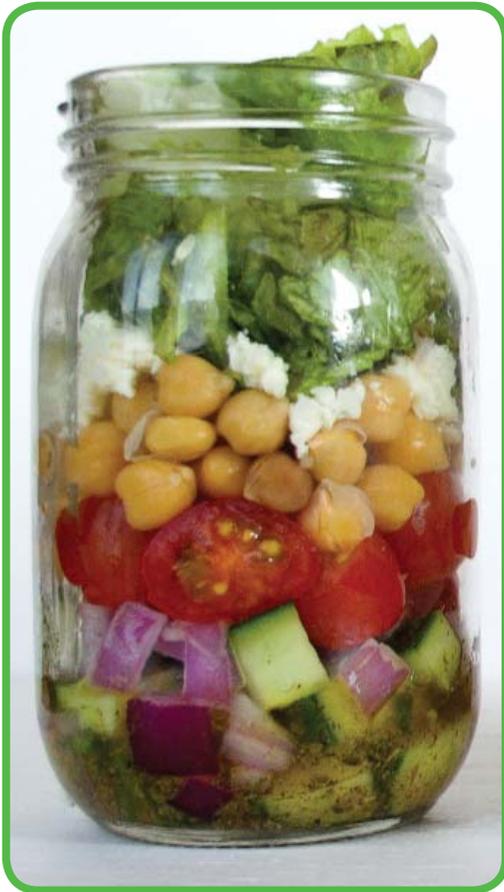


Salad in a jar



Running low on time to pack a healthy lunch? Try a salad in a jar! Preparing a salad in a mason jar is a fast and easy way to enjoy a balanced, healthy meal. Make them all at once for the week so they are handy to grab on your way out the door.



Pint (16 oz) or quart (32 oz) sizes work.

- ← Top with nuts and seeds. Try walnuts, almonds, sunflower seeds, or pumpkin seeds.
- ← Tear up salad greens and tightly pack them into the jar. Use romaine lettuce, butter lettuce, spinach, mixed greens, or kale.
- ← Add soft vegetables or fruit. Try cherry or grape tomatoes, sweet corn, sweet peas, broccoli, sprouts, avocado, blueberries, or whole strawberries.
- ← Pack in pre-cooked beans, grains, or pasta. Try chickpeas, black beans, rice, barley, pasta, quinoa, or millet.
- ← Add hard, chopped vegetables like carrots, cooked beets, bell peppers, celery, cucumber, radishes, green beans, snow peas, onion, broccoli, cauliflower, and asparagus. Choose vegetables that you would like to be marinated in your dressing.
- ← Place your salad dressing on the bottom.

Tip: make sure the leaves are dry before you use them and they are at least two layers separate from the dressing to prevent soggy greens.

Salad-spiration!

Try these delicious combinations perfect for pint-sized jars. You can follow the layering instructions below for larger jars as well.



Colourful Chicken Caesar

Ingredients

- 2 tablespoons caesar dressing
- ½ cup diced green pepper
- ½ cup grape tomatoes
- ¼ cup whole corn kernels
- 2 tablespoons parmesan cheese
- 2 oz or ½ cup of chopped or shredded chicken
- Fill and pack tightly with romaine lettuce

Greek Salad With Chickpeas and Feta

Ingredients

- 2 tablespoons Greek-style olive oil dressing
- ½ cup diced cucumber
- ½ tablespoon diced red onion
- 4 grape tomatoes, halved
- ½ cup canned chickpeas, drained and rinsed
- 2 tablespoons feta cheese
- Fill and pack tightly with romaine lettuce

Tuna Pasta Salad With Radishes

Ingredients

- 2 tablespoons balsamic vinaigrette
- ½ cup diced celery
- ½ cup diced bell pepper
- ¼ cup sliced radishes
- ½ cup medium-size cooked whole grain pasta (elbow macaroni, orzo, farfalle, penne)
- 3 oz canned tuna

Summer Cobb Salad

Ingredients

- 2 tablespoons blue cheese dressing
- ½ cup diced cucumber
- ½ tablespoon diced red onion
- 4 grape tomatoes, halved
- 1 oz cooked protein
- 1 hard boiled egg chopped
- Fill and pack tightly with romaine lettuce