

HOW TO BUILD SALADS IN A JAR

Start with a wide-mouth canning jar.

Use pint jars for individual salads and quart jars for 2 person/family salad.

Add 1-3 Tbsp. of salad dressing to the bottom of the jar.

Make your own or find dairy-free/ gluten-free options in the produce section, or use salsa.

Next, add any veggies that you want to soak in the dressing, especially hard/crunchy ones.

Carrots, sliced
Celery, sliced
Red onions, chopped
Asparagus, cut small
Zucchini, diced or spiraled
Broccoli, cut small
Cauliflower, cut small
Brussels sprouts, sliced or shaved

Next, add your softer toppings.

Tomatoes, diced
Cucumbers, cut small
Bell peppers, chopped
Mushrooms, sliced
Olives
Artichokes
Cooked quinoa or rice
Beans: black, kidney, pinto, chickpeas
Roasted veggies: butternut squash, potatoes, beets, peppers, asparagus, onions
Green peas, snap peas, shelled edamame, corn
Cooked lentils

Next, add nuts, seeds or fruit.

Almonds, walnuts, sunflower or pumpkin seeds, etc.
Apples
Dried fruit: cranberries, cherries, raisins

Lastly, fill the jar with your favorite salad greens.

Pack the greens very tightly. The less air, the fresher your salad stays.

Store in refrigerator. When you are ready to eat...dump in a bowl, toss, and enjoy! Top with avocado if you like.

