
Salad-In-A-Mason Jar 101

Ingredients

- 6 cups salad greens
- Vegetables for salad toppings
- Proteins for salad toppings
- Salad dressing
- Pre-cooked grains or beans
- Nuts & seeds

Equipment

- Wide-mouth canning jars with tight-fitting lids
 - Pint jars for side salads
 - Quart jars for individual meal-sized salads
 - 2-quart jars or larger for multiple servings

Assembly

1. **Dressing** - Pour 1 to 4 tablespoons of your favorite salad dressing into the bottom of the mason jar. Adjust the amount of dressing depending on the size of your salad. Oil, vinegar, and spices are a healthier choice over processed creamy dressings.
2. **Hard Veggies** - Add the hard vegetables that will hold up to sitting in the dressing for up to 5 days. Over time they will become a little marinated. Carrots, celery, bell peppers, cooked beets, cauliflower, broccoli, etc. will work well. Cut them a little chunkier. Bigger chunks will hold up to sitting in the dressing.
3. **Beans** – Next, add beans. If you can tolerate beans, chickpea and black bean are good ones to add.
4. **Protein and Cheeses**. This could be things like cubed or sliced cooked meats or hard-boiled eggs. If you can tolerate add in shredded cheese. If you are not eating the salad in the next two days, wait to add these ingredients until the day you are planning to eat the salad and add them to the top of the jar.
5. **Softer Veggies and Fruits (optional)** – Add any soft veggies or fruits, like avocados, tomatoes or sliced strawberries. If you are not eating the salad in the next two days, wait to add these ingredients until the day you are planning to eat the salad and add them to the top of the jar.
6. **Nuts, Seeds, and Grains** - Good non-gluten grains are quinoa, brown rice, wild rice, buckwheat, and millet. Almonds, walnuts and sunflower seeds.
7. **Greens** – The last layer is your greens. Use your hands to tear them in to bite size pieces. Pack them into them compactly. To save time use pre-washed organic greens.
8. **Storing** – Screw the lid on the jar and refrigerate for up to five days. If you are including any protein, cheese, or soft fruits, add these to the top of the jar the morning you plan to eat your salad.
9. **Tossing & Eating the Salad** - When ready to eat, turn the mason jar upside down and shake the contents into a bowl. The shaking to get the salad out of the jar usually spreads the dressing perfectly over the whole salad!