

Mason Jar Salads are a wonderful answer to the age old question,

"What's a quick meal to take to the lake?"

COOKING 101

MASON JAR SALAD

Yield: One Lovely Portable Salad

Directions:

Starting with the dressing, layer the components of the salad into jar.

When ready to eat, shake up the jar and pour into a bowl!

Arugula, lettuce mix, baby kale, super greens, spinach

Nuts, seeds, dried fruit toasted coconut flakes, bread crumbs

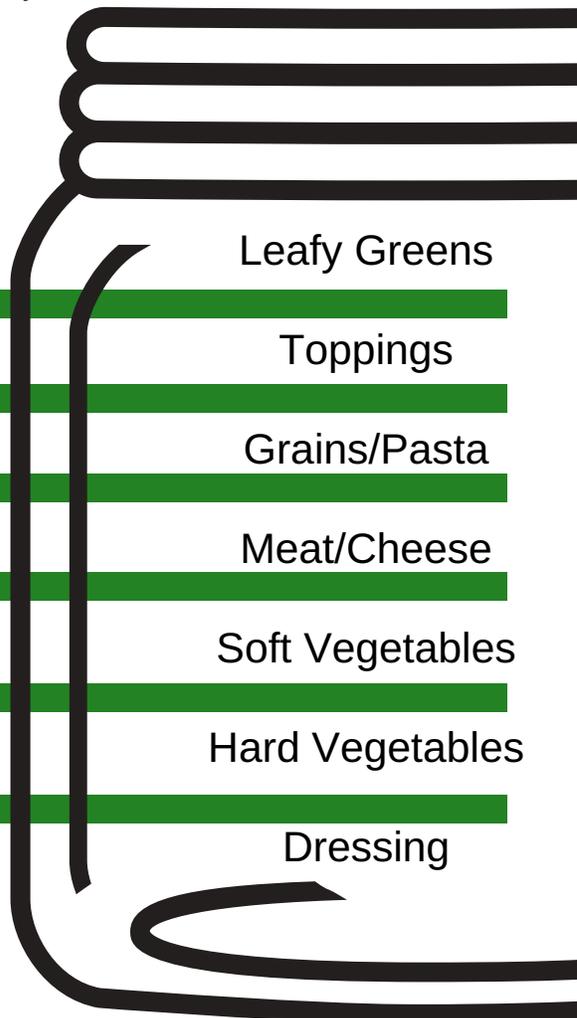
Boiled potatoes, cooked quinoa, brown rice, or cooked pasta

Lentils, hard boiled eggs, cheese, beans, meat

Tomatoes, avocados, roasted/grilled vegetables

Arugula, lettuce mix, baby kale, super greens, spinach

1-4 Tablespoons of your favorite dressing.



Leafy Greens

Toppings

Grains/Pasta

Meat/Cheese

Soft Vegetables

Hard Vegetables

Dressing

