

Mason Jar Salads!



Not only are they hip and trendy, but also they are a perfect portable solution for lunch on the go. You can assemble four or five at a time.

Start with the Dressing

Homemade, is terrific, or a bottled dressing without added chemicals, low in fats and sugars is fine. If you're going to consume the salad in 2 days or fewer, go ahead and pour it on the bottom. Otherwise bring it separately in a small container.

Resilient Veggies

Peppers, onions, cucumbers, olives, artichoke hearts, radishes, snap peas etc.

Pack in Some Protein

Your salad will be more satisfying and will satiate you longer if you add hard boiled eggs, chicken, tuna, beans or chickpeas.

Grab Your Greens

Get a good handful or two of dark leafy greens like kale, spinach or spring greens with romaine. It's ok to pack it tightly to keep things in place.

Top it off

Sprinkle lightly with some nuts or seeds, berries or sprouts.

When it is time to dig in, pour your salad onto a plate, or shake it up and eat straight from the jar!