





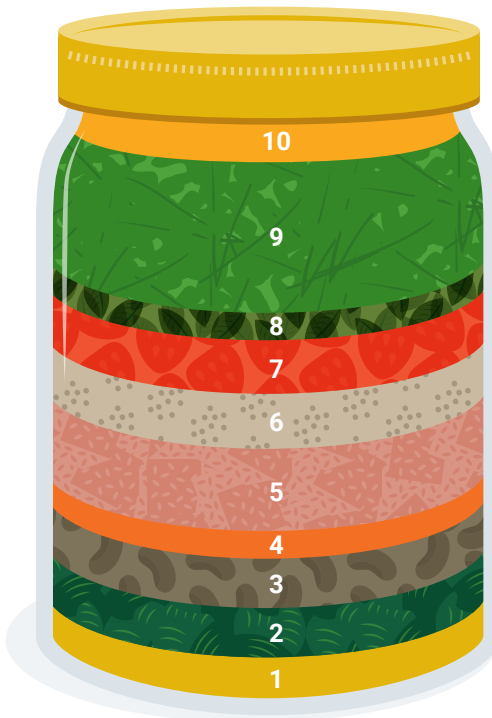


How to Make a MASON JAR SALAD

Mason jar salads are a fun and practical way for assembling and transporting salads. Individual components of a salad are layered in glass mason (or canning) jars for easy transport, so you can eat healthy from anywhere!

You want to always start with dressing at the bottom, so most ingredients remain fresh and untouched by dressing. After the dressing base, simply layer ingredients by order of sog-resistance, meaning heartier ingredients that can withstand dressing go in first. Here's an easy guide to help you build your mason jar salad:

-  **10 Cheeses**
Goat cheese, feta, gorgonzola, queso fresco, mozzarella*
-  **8 Herbs***
Basil, cilantro, mint, parsley
-  **6 Grains and pastas**
Barley, farro, quinoa, rice, short pastas, cut-up soba noodles
-  **4 Dried fruit and seeds**
Apricots, dried cranberries, raisins, sunflower seeds, pepitas
-  **2 Dense vegetables**
Beets, bell peppers, brussels sprouts, broccoli, carrots, celery, fennel, green beans, radishes
-  **1 Dressing**
Choose your favorite!



9 Salad greens
Any mix of your favorite greens



7 Delicate vegetables and fruits

Asparagus, avocado*, corn, sprouts*, strawberries*, peaches*, apples, pears, orange segments, grapes, tomatoes*, zucchini



5 Proteins

Tofu, chicken*, tuna*, salmon*, steak*, hard-boiled eggs*, edamame



3 Legumes and nuts

Garbanzo, kidney, white and black beans, lentils, peanuts, walnuts, almonds, pine nuts, pecans



*If you're packing >2 salads ahead of time, it's best to add these items the day of for maximum freshness.

3 DRESSING OPTIONS



Balsamic Vinaigrette

1 ½ Tbsp balsamic vinegar
2 tsp Dijon mustard
2 tsp honey
2 Tbsp cooking oil
Salt and pepper



Asian Vinaigrette

1 clove garlic, crushed
2 ¼ tsp soy sauce
2 ¼ tsp rice vinegar
½ tsp brown sugar
½ tsp toasted sesame oil
2 ½ Tbsp cooking oil



Creamy Paprika Dressing

1 clove garlic, minced
3 Tbsp red wine vinegar
2 tsp Dijon mustard
¼ cup sour cream
½ tsp paprika
2 Tbsp cooking oil
Salt and pepper



When you transport your salad, keep it upright as possible, so the dressing stays on the bottom. When you're ready to eat, simply shake up the jar or if things are really tightly packed, transfer to a large bowl and toss everything through with a fork.