

## RECIPE

# Salad in a Jar!

This fun idea makes preparing lunches for the week very easy. The variations are endless. Choose any ingredients you like or have on hand. See the link for 20 other healthy, time-saving, money-saving and really tasty recipes!



Ready in **30 minutes** Serves **1 per jar**

Adapted from

[hurrythefoodup.com/how-to-pack-a-salad-in-a-jar/?utm\\_source=AOA+July+2021&utm\\_campaign=Feb+14+2020&utm\\_medium=email](https://hurrythefoodup.com/how-to-pack-a-salad-in-a-jar/?utm_source=AOA+July+2021&utm_campaign=Feb+14+2020&utm_medium=email)



**Purposefully Plant-Based**

## Ingredients

- Clean jars with lids (around 24 oz)
- **Layer 1:** your favorite dressing--always at the bottom of the jar, so nothing gets soggy! (See the link for dressing recipes.)
- **Layer 2:** tomatoes, cucumbers, red onion, asparagus, celery, peppers, carrots--any crisp veggies that you can imagine pickled.
- **Layer 3:** mushrooms, zucchini, beans, lentils, peas, corn, broccoli
- **Layer 4:** mashed tofu or shredded plant-based cheese (alternative cheddar, parmesan, mozzarella, etc.)
- **Layer 5:** rice, pasta, quinoa or couscous
- **Layer 6:** nuts of any kind and greens (lettuce, spinach, arugula, kale, etc.).

## Steps

1. Get all the ingredients ready--wash, peel, cut the veggies/fruits. Shred the plant-based cheese or mash the tofu. Boil the pasta, quinoa or rice.
2. Prepare the dressing(s).
3. Once everything is laid out, chuck all the ingredients according to the layers into the jars. Then lid on top and off they go into the fridge. As easy as that.

## Tips

There's no need to follow these 6 layers exactly! Think of them as an entry-level guide.

Keep those jars in the fridge until you need them. Then grab a bowl and empty the jar. The dressing will then cover the whole salad. Done.