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**

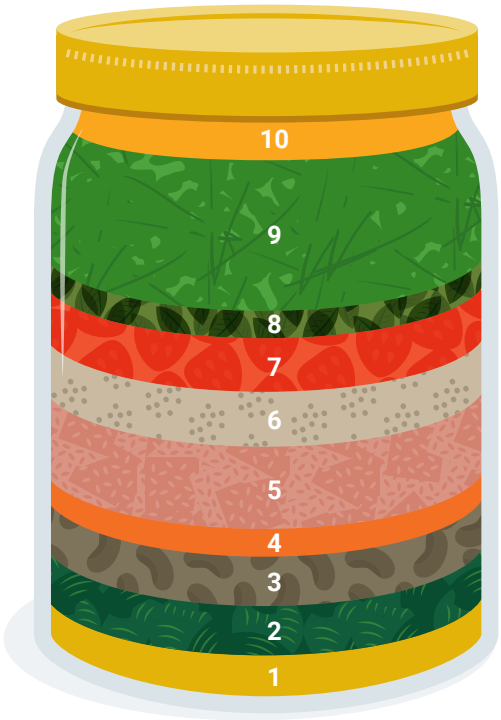
8 Herbs*
Basil, cilantro, mint, parsley

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

Asian Vinaigrette
1 clove garlic, crushed
2¼ tsp soy sauce
2¼ tsp rice vinegar
½ tsp brown sugar
½ tsp toasted sesame oil
2½ 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.

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