

Salad in a Jar

This easy lunch is not only nutritious and completely customizable, but it's quick to meal prep so you're set with lunches for the week. Take a look at the basic formula to create your own salad in a jar!

For this recipe you need clean, dry jars with lids. Mason jars work great. Assemble all ingredients and store in the fridge. When you're ready to serve, simply dump out into a bowl and enjoy!

Layer 1 Your favorite dressing

Layer 2 Crispy ingredients such as tomatoes, red onion, cucumbers, peppers, and carrots

Layer 3 Softer vegetables or beans, such as mushroom, black bean, garbanzo beans, lentils, peas, corn, and broccoli

Layer 4 Hard-boiled eggs, cheese

Layer 5 Heartier ingredients to fill you up and "seal" the jar, such as rice, pasta, quinoa, or barley

Layer 6 Ingredients that need to be kept completely dry until serving, such as lettuce, spinach, arugula or nuts

Combination Ideas

Taco Salad: lettuce, brown rice, cheese, black beans, corn, diced tomatoes, red onion, salsa

Mediterranean: spinach, quinoa, feta cheese, chickpeas, sun dried tomatoes, cucumber, red onion, peppers, balsamic dressing

Bright: spinach, red cabbage, slivered almonds, quinoa, avocado, red/yellow bell peppers, cherry tomatoes, blueberries, strawberries, balsamic dressing



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