

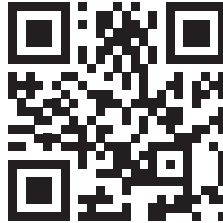
Salad in a Jar

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!

Layers (from bottom to top)

1. Your favorite dressing.
2. Crispy ingredients such as tomatoes, red onion, cucumbers, peppers, and carrots.
3. Softer vegetables or beans, such as mushroom, black bean, garbanzo beans, lentils, peas, corn, and broccoli.
4. Optional hard-boiled eggs or cheese.
5. Heartier ingredients that fill you up, such as rice, pasta, quinoa, or barley.
6. Ingredients that need to be kept completely dry until serving, such as lettuce, spinach, arugula, or nuts.

See the demo!



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