

April 2023 Cooking Demo

# Mason Jar Salads

Julie Woodmansee, MSH, RDN, LD

## What is a Mason jar salad?

A Mason jar salad is a convenient and healthy way to enjoy a nutritious lunch or dinner. They make a great option for meal prep, as you can prepare several jars at once and store them in the fridge for up to 5 days. Mason jar salads typically contain a variety of leafy greens, protein, nuts, seeds, veggies and fruits.

## How do you build a Mason jar salad?

Layer 1: Start with the salad dressing on the bottom (if you would prefer to add the dressing at your meal, you can skip this step).

Layer 2: Hard veggies (cucumber, peppers, carrots, broccoli)

Layer 3: Soft veggies (tomatoes, corn, beans, chickpeas)

Layer 4: Grains (brown rice, quinoa, barley, sweet potatoes, whole grain noodles)

Layer 5: Protein (chicken, salmon, tuna, hard boiled egg)

Layer 6: Nuts, seeds and cheese

Layer 7: Leafy greens

## How do you mix everything together?

When ready to eat, flip over the jar and shake from side to side to mix up the dressing. The best way to enjoy your salad is to empty the jar into a bowl. You can eat directly out of the jar, however the ingredients lay best when emptied onto a bowl or plate.

## What's the best jar to use?

Any wide-mouthed canning jar will work! Depending on the meal and ingredients you may consider using a 16 oz or 24 oz jar. You can also use the jars to make overnight oats and chia pudding.

## How long will jars of salad keep in the fridge?

Most salads will keep in the fridge for 3-5 days.

