



## SALADS IN A JAR

### General rule for salads in a jar:

- dressing on the bottom, nuts or seeds, veggies and lettuce on the top.
- heaviest and most non-absorbent ingredients with the dressing on the bottom of the jar and work your way up through the lighter ingredients until you end up with the salad greens themselves.
- Everything will stay separate and dressing-free until you toss the salad together in the bowl or onto a plate.

### Ingredients:

1-2 tablespoons salad dressing of your choice (in this one I used tamari, coconut vinegar, evoo + a little grated garlic)

Any type of seeds - sunflower seeds, pumpkin seeds, sesame seeds

Any type of nuts – slivered almonds, crushed cashews, walnuts, pine nuts

Raw or cooked vegetables – sliced red onion, fresh corn kernels, shredded carrot, shredded raw beetroot, diced capsicum, sliced snow peas, diced cucumber, diced gherkins, halved cherry tomatoes, sliced avocado, shredded red cabbage

- Also try baked sweet potato, roasted garlic, roasted onion, roasted eggplant, roasted zucchini, fresh beans, fresh chillies
- You could add something sweet as well - diced apple, diced pear, sliced mango, saltanas, goji berries, cranberries, sliced strawberries, sliced green or black grapes

Any type of beans, grains or pasta - lentils, quinoa, chick peas, red kidney beans, cooked pasta, cooked rice or other

Any type of lettuce – cos, baby spinach leaves, mesculin mix or other

### Tips:

- \* These salads generally will last for a good 3-5 days in the fridge – so you can make a few in one go.
- \* Add in some quinoa, lentils, chickpeas, legumes, pasta, rice just before you finish with the lettuce.
- \* If you're going to add any soft ingredients or proteins ( hard-boiled eggs, tuna, cooked chicken breast) wait to add those ingredients until the day you plan to eat the salad.
- \* If adding cheese – grated or diced cheese, crumbled feta or other wait to add these ingredients until the day you plan to eat the salad.
- \* Best jars to use are canning jars, but wide-mouthed jars such as large mason jars are also suitable.

*Enjoy!!!*