

Mason Jar Salads



Mason Jar salads are simple, versatile ways to eat healthy on the go— Add your favorite dressing, layer fresh ingredients, and you're off!

BLUEBERRY PECAN MASON JAR SALAD

- Handful of each: snap peas, diced cucumbers, diced cherry tomatoes, diced red onion, and mixed greens and/or spinach
- 1 cup quinoa, cooked
- 3 tbsp. dried organic blueberries
- 1/2 cup fresh blueberries
- 1/3 cup pecans
- 4 tbsp. roasted sunflower seeds
- 1/3 cup all natural feta cheese, crumbled

Directions:

Layer 1: Pour raspberry walnut vinaigrette into mason jar covering bottom.

Layer 2: Add snap peas, cucumber, tomatoes, and red onion.

Layer 3: Spoon cooked quinoa with blueberries on top of veggies. Sprinkle pecans, sunflower seeds, and feta cheese.

Layer 4: Top off with mixed greens and baby spinach. May add arugula and/or microgreens.

RASPBERRY WALNUT VINAIGRETTE

Yield: 4-6 servings

- 1 cup organic canola oil
- 1/2 cup raspberry vinegar
- 1/3 cup fresh organic raspberries
- 1 tsp. fresh lemon juice
- 1/2 cup walnuts, finely chopped
- 1/2 tsp. salt and pepper

Directions:

Place all ingredients into a blender except the walnuts and mix on high until blended well. Add finely chopped walnuts to blender. Pulse 4-5 times.

Note: These are great time savers! Make mason jar salads ahead of time and store in fridge up to 4-5 days for a fresh, ready to eat meal.



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