

6 MASON JAR SALADS

AndiAnne.com

NOURISH MASON JAR SALAD

1/2 cup nut butter dressing
1 cup chickpeas
1 cup cooked quinoa
1/2 cup chopped carrots
1/2 cup chopped red onion
Handful of mixed greens

ANTIOXIDANT SALAD

1/2 cup berry vinaigrette
1/2 cup quinoa
3/4 cup snap peas
1 carrot, chopped
Handful of mixed greens
1/2 cup blueberries

APPLE CHEESE SALAD

1/2 cup apple cider vinegar dressing
3/4 cup diced apples
Handful baby spinach
1/4 cup cubed cheese
1/4 cup pumpkin seeds

COBB MASON JAR SALAD

1/2 cup honey mustard dressing
1 chopped carrot
1/2 cup canned corn
1/2 cup cherry tomatoes, sliced
1/2 cup cucumber, chopped
Handful mixed greens
1 hard boiled egg - sliced
2 bacon strips - chopped

CHICKEN AVOCADO TACO

1/2 cup avocado dressing
1 cup black beans
1 cup cooked shredded chicken
1/2 cup grape tomatoes
1/3 cup canned corn
Handful of mixed greens
1/2 cup tortilla chips - crushed

RAINBOW MASON JAR SALAD

1/2 cup balsamic vinegar dressing
1 cup quinoa
1 carrot, chopped
1 cup snap peas
1/2 cup chopped red onion
1 cup chopped bell pepper

MASON JAR SALAD INSTRUCTIONS:

- Add the ingredients to a mason jar in the order listed. Start by pouring in the salad dressing, then add hard veggies, beans or grains. Then add other ingredients. Seal jar with lid and store in the fridge until ready to use.
- **How To Eat:** Give the mason jar a really good shake upside down to help mix in the dressing. You can eat with a fork right from the jar, or dump all ingredients into a bowl and serve.