



# Salads in Jars Cookbook: Healthy, Quick and Easy Mason Jar Recipes

*Louise Davidson*

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**Salads in Jars are not only convenient and trendy but a quick and easy grab and go solution for a healthy lifestyle! Download FREE with Kindle Unlimited**

Canning jars have never been more fashionable in the food world than right now. One of the most popular purposes for the jar is to use it as a container for packing salads. Aesthetically, the bright and cheerful layers of rainbow-colored vegetables is a mood booster, and they make healthy food look cool as a cucumber. But beyond looks, the jar salads also present practical options for packing and transporting salads to work. The tall vertical design of the jars means salad ingredients need to be stacked on top of each other. This forces the separation of the dressing from the delicate ingredients, helping to preserve the freshness and crispness of the greens.

It is because of this convenience and practicality that packing salads in jars seems likely to stick around for a long while. And the beauty of these jar meals is that the possibilities are endless when creating your own salad. This book introduces the basic layering technique to ensure that the salad stays in optimum condition.

Healthy eating is now officially cooler inside a glass jar, and this book provides you with ideas to enjoy salads in jars anytime and anywhere with both vegetarian and non-vegetarian options that are not only tasty but healthy.

Inside, find:

Tips to prepare and pack salads in jars

How to layer your salads for maximum taste and freshness

Types of jars to use

50 healthy and delicious salad recipes like:

- Italian Antipasto Salad
- Shrimp Feta Cobb Salad with Ranch Dressing
- Zucchini Quinoa Salad with an Avocado Lime Dressing
- Rainbow Fruit Salad
- Spinach, Snap Peas, and Orzo Salad
- Lemon Pesto Salad in a Jar
- Ginger Miso Salmon Salad

- Creamy Broccoli and Ham Salad
- Thai Beef Noodle Salad Jar
- Tofu and Bell Pepper Salad
- Camembert Grape Salad with a Honey Vinaigrette
- Refreshing Caprese Salad in a Jar
- Creamy Chicken Caesar Pasta Salad
- Classic Greek Salad
- Quinoa Chia Curry Salad
- Mediterranean Millet Salad
- And much more

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