

Salad in a jar

Ingredients:

- This is the fun part because you choose what you want to put in your jar! Pick at least 4 veggies and fruit– carrots, peas, corn, avocados, lettuce, tomatoes, cucumber, strawberries, blueberries, apples etc.
- You can also add some ham, chickpeas or your favourite beans.
- 2-3 tablespoons of your favourite salad dressing
- Mason jar



Steps:

1. Use a butter knife to cut softer veggies into small pieces.
2. Lay out all your ingredients on one large platter so they will be easier to layer.
3. You can start layering! It is a good idea to start with the dressing first not to make other ingredients soggy. Then start layering from the heaviest to lightest foods.

The salad is done! You can put it in the fridge and eat it later. But if you ready to it, shake the jar up and dump the salad onto the plate. Enjoy!

