

Salad In A Jar



YIELD **1** SERVING

Serving Size: 24 ounces of recipe

NUTRITION FACTS PER SERVING

Calories:	210	Saturated Fat:	3 g
Carbs:	33 g	Protein:	7.5 g
Fiber:	2.5 g	Sugars	20 g
Fat:	6 g		

INGREDIENTS

- 1 wide-mouth pint and a half jar
- 3 tbsp salad dressing
- 1/2 cup protein (cooked chicken, cubed tofu, beans, etc.)
- 1/2 cup chopped veggies (peppers, tomatoes, cucumbers, etc.)
- 1/4 cup nuts or seeds (pepitas, sunflower seeds, hemp seeds, etc.)
- 1-2 cups chopped romaine

DIRECTIONS

1. Layer the salad ingredients in the order listed into the jar to avoid the lettuce getting soggy, packing in as much romaine as you need to create a tight pack.
2. Cover the jar and place it in the fridge for up to a week. If meat, cheese, or fruit are added to the jar your salad will only last 3-5 days in the fridge.
3. To eat, dump the entire contents of the jar into a bowl, toss and enjoy.

Be sure to keep wet ingredients separated from the dry. Taller and skinny jars work best for this.



Jefferson County
Health Center