

How to make a salad in a jar

Layering salads in a mason jar can be a tricky task since different ingredients have different textures, moisture levels and preparation methods. Intentional layering ensures a crisp, healthy and enjoyable salad. Here are some tips to help you master the art of mason jar salad layering. We recommend using a 32-ounce, wide-mouthed mason jar.

Layers, from bottom to top:

1. **Dressing:** Always put your dressing on the bottom of the jar. Putting your dressing on the bottom of your jar prevents your greens from getting soggy before eating.
2. **Hard vegetables:** The second layer should be hard vegetables such as carrots, onions, celery and bell peppers. These vegetables are non-absorptive ingredients, so they won't become soggy sitting on top of the dressing layer.
3. **Protein:** This is a great layer to include beans, chickpeas or any other form of protein that can last a few days within a jar.
4. **Grains:** Placing your grains under your greens and toppings acts as a last line of defense if your salad happens to fall over throughout the day. The grains will absorb the moisture from your dressing, keeping the layers above dry.
5. **Soft vegetables and fruit:** When using soft vegetables and fruit in mason jars, remember some, such as avocados and apples, brown when exposed to air. A helpful tip to prevent browning is to add lemon juice to those ingredients. Or if you have some extra time, add those ingredients in the morning the day you plan to eat the salad.
6. **Toppings:** Garnish your salad with anything from nuts to seeds to dried fruit. Since this is a delicate layer, it is important to keep it close to the top of the jar, away from the dressing, to ensure textures remain unchanged.
7. **Greens:** Pack the top of your mason jar with greens of your choice and seal the lid.

