



CRUNCHY ASIAN INSPIRED MASON JAR SALAD

NUTRITION: Dressing plus estimated salad portion: 356 calories, 22 grams carbohydrate, 16 grams protein, 25 grams fat

INGREDIENTS

DRESSING: (FOR EACH MASON JAR)

- 1 tablespoon creamy peanut butter
- 1 tablespoon soy sauce
- ½ tablespoon olive oil
- 1/2 teaspoon Sriracha hot sauce

SALAD:

- Red cabbage shredded
- Bell pepper, diced
- Broccoli florets, chopped
- Carrots, shredded
- Shelled frozen edamame, thawed
- Peanuts, chopped
- Green onions, sliced
- Romaine lettuce, chopped

INSTRUCTIONS:

1. Start with the dressing: At the bottom, add 1-2 tablespoons of dressing, depending on how dressed you like your salad. Adding the dressing on the bottom prevents the lettuce and veggies from getting mushy.
 - a. In a 16-ounce wide-mouth mason jar, add the peanut butter, soy sauce, olive oil, and Sriracha. Mix to combine.
 - b. Next, assemble the mason jar with protein and whole grains. We aren't using any for today's salad but don't forget this step when you do make a salad recipe that contains quinoa, farro, chicken, or beef. These items will act as a barrier and an added bonus is that the dressing will marinate the protein and whole grains making them more flavorful.
2. Next, layer sturdier vegetables: During transit, some dressing might travel up the side of the mason jar. Add more resilient vegetables like bell peppers, red cabbage, onions, etc. which also act as a barrier for more delicate ingredients.
3. Follow that with softer vegetables, like diced tomatoes, or fruits, like berries can be added higher to the top so they won't break down too quickly when being stored in the refrigerator.
4. Next, add cheese or any other "fixins:" This is where you can add ingredients like feta cheese, dried cranberries, pumpkin seeds, etc.
5. Lastly, add salad greens: Lettuce and leafy greens should always be on top. Fit in as much as you can squeeze into the jar.
6. Secure lid. Pop in the fridge until ready to use.
7. To enjoy, simply pour mason jar salad into a bowl, mix, and enjoy. Or pro tip: before taking off the lid, shake to combine all ingredients.