

# Basic Mason Jar Salad Recipe

1 wide-mouth quart or 1.5 pint size jar

3 tablespoons salad dressing

1/2 cup protein (tofu, beans, tempeh, 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 or more chopped romaine



## Instructions

1. Layer the salad ingredients in the order listed into the jar, packing in as much romaine as you need to create a tight pack. Cover the jar, and place it in the fridge for up to a week.
2. To eat, dump the entire contents of the jar into a bowl, toss, and enjoy!