



Mason Jar Salad
THE ULTIMATE GUIDE

Mason Jar Salad

BUILDING THE
PERFECT SALAD
IN THE KITCHEN BLOG

Base (bottom layer)

Start with your dressing or any wet ingredients that won't get soggy when in contact with the dressing. This layer helps create a barrier between the dressing and the rest of the ingredients to keep them fresh.

Examples: Dressings, vinaigrettes, salsa, hummus, etc.

Hearty Veggies (next layer)

Add hearty vegetables that can hold up well when mixed with dressing.

Examples: Carrots, bell peppers, cucumbers, cherry tomatoes, broccoli, cauliflower, etc.

Proteins & Grains (next layer)

Add proteins and grains to make your salad more filling and satisfying.

Examples: Cooked chicken, tofu, hard-boiled eggs, quinoa, chickpeas, beans, etc.

Softer Veggies & Fruits (next layer)

Add softer vegetables and fruits. These can include items that are more delicate or prone to wilting.

Examples: Avocado, berries, grapes, oranges, spinach, arugula, etc.

Nuts, Seeds, and Cheese (next layer)

Add nuts, seeds, or cheese for extra texture and flavor.

Examples: Almonds, walnuts, sunflower seeds, feta cheese, goat cheese, etc.

Toppings and Herbs (top layer)

Finish with toppings and herbs. These should be items that you want to keep separate from the dressing until you're ready to eat.

Examples: Croutons, bacon bits, fresh herbs (like basil, cilantro, parsley), etc.

Proteins & Grains (next layer)

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Examples: Avocado, berries, grapes, oranges, spinach, arugula, etc.



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PUTTING IT ALL
TOGETHER
IN THE KITCHEN
BLOG

Assembly

Start with a Clean Mason Jar:

Make sure your mason jar is clean and dry before you begin layering your ingredients.

Layer Ingredients Strategically:

Begin by adding your dressing or wet ingredients at the bottom of the jar. Layer the rest of the ingredients according to the order listed above, starting with the sturdiest ingredients at the bottom and ending with the most delicate ingredients at the top.

Pack Ingredients Tightly:

Pack each layer tightly to prevent shifting and keep the salad fresh longer.

Seal the Jar:

Seal the mason jar tightly with its lid.

Tips

Keep Ingredients Dry: Make sure your ingredients are dry to prevent them from becoming soggy.

Use the Right Size Jar: Choose a mason jar that can hold all your ingredients without overflowing.

Prepare in Advance: Mason jar salads can be made in advance and stored in the refrigerator for up to 3-4 days.

Shake Before Eating: When you're ready to eat, simply shake the jar to distribute the dressing evenly, then pour the salad into a bowl and enjoy.



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COMBINATIONS
IN THE KITCHEN BLOG

Steak & Blue Cheese Salad

Base: Balsamic vinaigrette
Hearty Vegetables: Cherry tomatoes, sliced red onion
Protein: Grilled steak strips
Cheese: Crumbled blue cheese
Greens: Mixed greens
Toppings: Toasted walnuts

Chicken Caesar Salad

Base: Caesar dressing
Hearty Vegetables: Cherry tomatoes, sliced cucumber
Protein: Grilled chicken breast, diced
Cheese: Shaved Parmesan cheese
Greens: Romaine lettuce
Toppings: Croutons, freshly ground black pepper

Greek Salad

Base: Greek vinaigrette
Hearty Vegetables: Cucumber, cherry tomatoes, red onion, Kalamata olives
Cheese: Crumbled feta cheese
Greens: Mixed greens
Toppings: Pepperoncini, diced bell peppers

Taco Salad

Base: Chipotle ranch dressing
Hearty Vegetables: Bell peppers, corn, black beans
Protein: Cooked ground beef seasoned with taco seasoning
Cheese: Shredded cheddar cheese
Greens: Romaine lettuce
Toppings: Crushed tortilla chips, diced avocado

Salmon Cobb Salad

Base: Lemon vinaigrette
Hearty Vegetables: Cherry tomatoes, sliced cucumber, hard-boiled egg
Protein: Grilled salmon fillet, flaked
Cheese: Crumbled blue cheese
Greens: Mixed greens
Toppings: Crispy bacon bits, avocado slices

Chimichurri Chicken Salad

Base: Chimichurri dressing
Hearty Vegetables: Red onion, bell peppers, cherry tomatoes
Protein: Grilled chicken breast, sliced
Greens: Arugula
Toppings: Sliced avocado, queso fresco, toasted pumpkin seeds

Chopped Italian Salad

Base: Italian vinaigrette
Hearty Vegetables: Cherry tomatoes, diced cucumber, red onion
Protein: Salami slices, diced provolone cheese
Greens: Romaine lettuce, chopped
Toppings: Kalamata olives, pepperoncini, Italian seasoning

Green Goddess Salad

Base: Green Goddess dressing
Hearty Vegetables: Avocado, cucumber, green peas
Protein: Grilled chicken or tofu, diced
Greens: Spinach
Toppings: Sunflower seeds, fresh basil leaves

Mediterranean Salad

Base: Lemon tahini dressing
Hearty Vegetables: Cherry tomatoes, sliced cucumber, red onion
Protein: Chickpeas, feta cheese
Greens: Mixed greens
Toppings: Kalamata olives, roasted red peppers, chopped parsley

