



# Mason Jar Salads: Quick and Easy Recipes for Salads on the Go, in a Jar

*Amber Brooks*

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**This book is part of the #1 Best Selling Mason Jar Meals Series!!!! It is filled with EVEN MORE incredibly quick, easy and tasty salad recipes that you can just grab and go!** Are you too busy to cook every day? Do you skip meals because you don't have time to sit down and make something? Do you waste your money on takeout and fast food that is expensive and unhealthy just because it's more convenient? Do you want to eat more salad, but they just don't stay fresh for long and are so inconvenient to take on the go? **Well, this book is for you!!!** Sure Mason Jars are cute, crafty, and pretty trendy right now, but they are also incredibly useful. You're about to discover how to make all kinds of Salads in a jar, so that you can take them anywhere, and they will stay fresh for days!!! This book has recipes and instructions for how to use a Mason Jar to make traditionally not-so-convenient salads, amazingly easy, portable and beautiful. The Mason jar is what allows you to keep the dressing from making the salad soggy, it's easy to do once you know how, and this book will explain it all!!

### **Here Is A Preview Of What you'll learn**

- What size of Mason Jar to use
- Advantages of Mason Jars
- How to stop greens and other ingredients from getting soggy
- How long your salad will last in a jar
- How to transport and serve from a mason jar
- How to layer your salad in the jar
- What order to layer your ingredients in
- Much, much more!

### **Here are a few of the recipes this book includes**

- California Salad
- Chicken Taco Salad in a Jar
- Mixed bean salad in a Jar
- Chicken, citrus, orzo salad in a Jar
- Mixed Berries and Almond Salad in a Jar
- Salami Salad in a Jar
- Zucchini Salad in a Jar
- Romaine, peas and feta salad in a Jar
- Tortellini and Artichoke Salad in a Jar
- Balsamic grilled chicken Salad in a Jar
- Fresh Mozzarella and Spinach Salad in a Jar

- Much, much more!

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