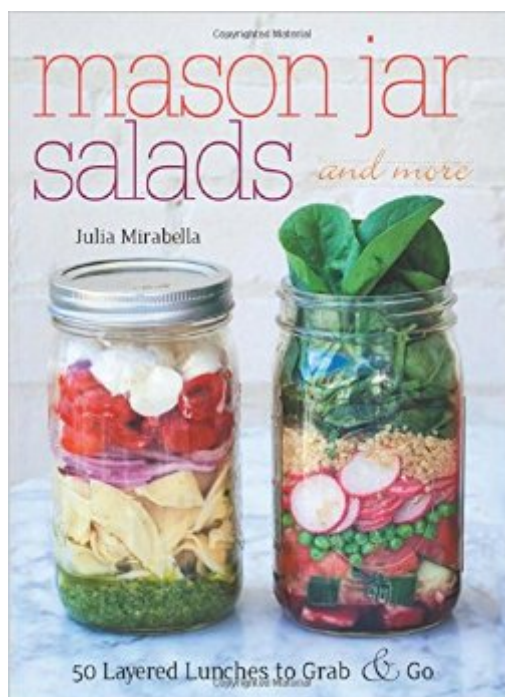


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# Mason Jar Salads And More: 50 Layered Lunches To Grab And Go



## Synopsis

**SALAD MAGIC IN A MASON JAR** Discover the coolest way to pack a tasty, healthy lunch! Mason Jar Salads and More shows how to prepare on-the-go meals that are packed with fresh produce and whole foods. The tasty recipes and gorgeous full-color photos in this book will show you how to create amazing dishes, including: Pomegranate and pear salad; Pesto tortellini with cherry tomatoes; Crunchy Asian salad; Spinach, blueberry and blue cheese salad; Curried chicken salad; Kale and avocado salad; Porcini mushroom risotto; Overnight oatmeal with fruit; Green bean and feta salad

## Book Information

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## Customer Reviews

I love this book! I have been eating mason jar salads several times a week since I bought the book and have tried about 10 of the recipes. Particular favorites that I have often include: Green Bean & Feta; Corn & Blueberry (see attached photo); Beet and Carrot; Mixed Greens with White Bean Salad; and Arugula, Pine Nut and Parmesan. While I think the recipes are terrific with interesting combinations of ingredients, I have several suggestions for would be salad chefs: 1) Cut back on the oil, especially if (like me) you are watching your weight or limiting fat intake. The recipes are paired with homemade vinaigrettes which contain oil. Fine, I love oil, but the quantities can be reduced without making a big difference in the tastiness of the salads. Recipes calling for 3 T of oil get cut back to 1 T. I usually just use equal parts oil and whatever vinegar or juice (lemon, lime, etc.) is recommend. Also, when the recipe calls for toasting pine nuts in oil, I use a spray of olive oil in the

skillet instead of the tablespoon called for in the recipe.2) Keep a supply of salad greens on hand. I use all kinds--whatever looks good at the store (kale, red leaf lettuce, spring mix, spinach, baby arugula). After I get the dressing and key ingredients in, I fill the jar all the way up with greens. Also, many of my favorite recipes call for cherry tomatoes so I routinely buy a large container of them (at least until my tomato plants start producing).3) Always make the quart size. Some of the recipes specify the pint size but that's not enough room for the addition of extra greens which add flavor, fiber, and vitamins and make it feel more like a full meal (which it is for me--I have one for lunch most work days).4) Always prepare TWO quart size jars of the same recipe.

Food in jars has surged in popularity over the last number of years, and no one is more appreciative of this clever way to store, serve, and display food than I am. That's why I didn't hesitate for a moment when I was offered a copy of this book to review by the publisher. I am in love with this book! While its subtitle is "50 Layered Lunches to Grab and Go," it is so much more than that. Lunches, yes, but dinners, side dishes, and the convenience of having a fresh, delicious meal at arm's reach makes this book a necessity in every kitchen library. Imagine a busy day, no time or energy to prepare a meal, but a delicious and healthful one readily at hand, previously prepared and stored in the fridge in a Mason jar. This is the stuff dreams are made of. It's a lovely book, loaded with mouthwatering pictures - so important in cookbooks - with an incredible variety of succulent salads from more commonplace green salads (though there is nothing at all common about these ingenious recipes and unique combinations) to breakfast, pasta, rice, snacks, you name it! I'm talking curried chicken salad, chili, potato salad, and ratatouille. I may need to buy an additional fridge, and certainly cases of Mason jars, to hold the ample and diverse jarred meals included in this book. The Porcini Mushroom Risotto is excellent, the Mango Salsa I could eat right from the jar. Who needs chips when you have something this good? If you are a fan of homemade salad dressings like I am, let me tell you that this book is worth having for the vinaigrette recipes alone. I have had a different salad dressing every day this week and am stymied as to which one I like best. All of them have a summery freshness that makes me feel as if I am dining at some Oceanside resort.

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