



## Cooking Corner: Mason Jar Lunches

Here's a savvy little idea for toting your garden (or CSA, or farmers' market) harvest to work - or the park, or to a friend's house!

Stick your salad in a Ball Mason Jar. This [website](#) illustrates some options. Here are some tips for making it work:

- Choose a wide-mouth jar, to make accessing your lunch easier!
- Put dressing or pesto in the bottom of the jar then add layers of your seasonal produce, grains, legumes, cheese, croutons – whatever makes a tasty, colorful salad. Just make sure you put the heaviest items on the bottom of the jar, to avoid crushing the lighter ones.
- To eat, dump the salad in a bowl. Or, eat right out of the jar! If you used a light dressing, shake the jar to coat your salad.
- Utensil tip – don't want to take your prized cutlery to work, but hate using plastic silverware? Pick up an eclectic collection of the real stuff at your local thrift store. If you want, sterilize the silverware in boiling water for 10-15 minutes before using.

### Some salad ideas to try, adapted from this [list](#):

-mozzarella, tomatoes, basil, balsamic vinegar, olive oil, salt

-watermelon or peaches, tomato, basil, vinaigrette

-tomatoes, peaches, red onion, red pepper flakes, cilantro, olive oil & lime

-fennel, prune plums, vinaigrette with chopped ginger

-watermelon, mint, feta, red onions, kalamata olives, olive oil & lemon

-chick peas, parsley, mint, chopped tomatoes, olive oil & lemon

-sweet & hot peppers, tomatoes, red onion, black beans, cilantro, chili powder, lime, tortilla chips

- chopped hard boiled eggs mixed with a smidge of mayo, carrots, celery, sweet pickles, romaine

- spring roll papers (soaked & cut into strips), cucumbers, carrots, cilantro, bean sprouts, chili flakes, roasted peanuts, sesame oil, soy sauce, fish sauce, & lime (can add shrimp too)

-beets roasted with carrots & onions & garlic, toasted walnuts, olive oil & orange juice

-watermelon, mint, & lime juice

-fruits of your choice – like pitted cherries, berries, plums, & peaches, with a splash of lime

Eat a healthy lunch! Impress your coworkers and friends! We'd love to see what you come up with. Email us a photo of your Mason Jar salad and we'll post it on our slide show.