

This ***Greek Salad in a jar***, it's tasty, healthy, easy – you can shove the jars full of it in the fridge and forget about it...also it's really budget friendly.

Greek Salad in a Mason Jar

- 2 peppers (capsicum) I like green and one other colour chopped
 - 1/2 medium red onion chopped
 - 1 cup feta cheese
 - 1/2 cucumber chopped (I remove the watery bit too)
 - a few pitted black olives chopped in half
 - a handful of cherry tomatoes
 - salt and pepper
 - 4 tbsp olive oil
 - 2 tbsp white wine vinegar
1. Start with layering the red onion in the jar
 2. Add 2 Tbsp oil and 1 Tbsp vinegar on top of the onion so it sits in the bottom of the jar
 3. Layer all ingredients up to the top of the jar
 4. Screw lid on and refrigerate



When ready to open shake the jar so the oil and vinegar dresses the salad

Simple Walnut and Apple Jar Salad

Ingredients

- 3 T raw almond butter
- 1 T unseasoned rice wine vinegar
- 1/8 tsp salt
- 1 T maple syrup
- 2 tsp toasted sesame oil
- 3 cups mixed greens
- 1 stalk celery diced
- 2-3 radishes thinly sliced
- 1/4 in green apple thinly sliced and soaked in salted water to prevent browning
- 1/3 cup walnuts

Instructions

1. Pour 2 tablespoons of dressing (your choice) in the bottom of a wide mouth mason jar.
2. Working from the bottom up, layer the apples, radishes, celery, and walnuts. Pack in the greens and seal the jar.
3. Refrigerate until ready to eat. Keeps 3-4 days.
4. When ready to eat, pour the contents of the jar into a large bowl. If the dressing has thickened up and will not easily pour out of the jar, add a tablespoon of warm water, seal the jar, and shake to thin out the dressing.

