

MEDITERRANEAN SALAD IN A JAR

INGREDIENTS

DRESSING INGREDIENTS

⅔ Cup olive oil
1½ tsp garlic powder
1 ½ tsp dried oregano
1 ½ tsp dried basil
1 ¼ tsp salt
1 ¼ tsp pepper
1 tsp onion powder
1 tsp Dijon mustard
½ Cup red wine vinegar
¼ Cup water



SALAD INGREDIENTS (in order from bottom of jar to top)

2 Tbsp salad dressing (for each pint sized mason jar)
Cherry tomatoes, halved
Red onion, diced or sliced
Green bell pepper, diced
Kalamata olives (pitted)
Marinated artichoke hearts, sliced
Canned Chickpeas, drained
Cucumber, diced
Feta cheese, crumbled or cubed
Romaine lettuce, chopped

**Prep Time**

15 min

Cook Time

N/A

Portion

5-6 ppl

DIRECTIONS

1. Make Dressing: Add all ingredients to a blender and blend until combined.
2. Layer salad ingredients as ordered above. Start with dressing on the bottom and finish with romaine on top.
3. Seal and refrigerate for up to 4 days. Enjoy!

Requires 5-6 pint sized Mason jars with lids.

NUTRITIONIST'S TIP

Salad is one of my go-to favourites. I especially like when you can premake them on Sunday and grab a jar and go through the week. I've always maintained that part of healthy eating is having a plan, and this is a good plan. You can change the size of the jar if the portion isn't big enough and you can also include additional protein like chicken if desired.