

GOOD FOOD FAST



IN THIS JAR
Cilantro
Wonton Strips
Radishes
Red Bell Pepper
Scallion
Carrots
Cooked Chicken
Sesame Vinaigrette



IN THIS JAR
Sprouts
Goat Cheese
Pomegranate Seeds
Pecans
Red Pear
Roasted Sweet Potatoes
Balsamic Vinaigrette

Top It Off!

Grab a jar and a bag of greens for these DIY salad kits complete with protein, crunchy toppings and delicious dressing. **By Devon O'Brien**

PHOTOGRAPHY BY TED & CHELSEA CAVANAUGH

Mason jar salads may have come and gone on your Instagram feed, but there was always a nugget of a good idea there. The reality is, the jar just isn't big enough for all the salad you really want. To solve the problem, reserve the jars for mix-ins and dressing and bring along a package of greens. Fill up two pint jars with the following in each: 2 Tbsp. dressing, up to 1½ cups produce, up to ½ cup protein (such as cooked chicken, steak or beans) and 2 to 4 Tbsp. of garnishes (like dried fruit, herbs, sprouts, nuts, cheese and/or croutons). When it's time to dig in, toss the contents of one jar with half of a 5- to 7-ounce bag of salad greens (save the remaining greens and the other jar for tomorrow).