

Source: [cancerdietitian.com](http://cancerdietitian.com)

Now... another show that keeps me company while cooking is A Chef's Life, which is on PBS and produced by UNC-TV. I LOVE THIS SHOW!! It's about a chef in small town NC who is doing Farm to Table cuisine. I'm pretty much caught up on all the shows to date while cooking this week, but I digress. :-)

## How To Make Salad In A Jar

For a one person serving, I typically use a quart mason Jar. You can also do this in larger jars for a 2-4 person dinner.

### Here's the order of business:

1. Place the veggies that would be good marinated in the jar first and add dressing (2T for a quart jar, adjust accordingly depending on the size of your jar). For example, carrots, cucumbers, legumes, tofu, onions, celery are very tasty after marinating a day or two in the dressing.
2. Layer any other of the "hard" veggies. In the picture above, from the bottom, I have onions, then celery, then carrots, then cucumbers, then green pepper. Be sure to add the dressing either first, or anytime up to this point.
3. After the veggies and dressing have been added, then put in some mini tomatoes. I do not cut these, as I imagine they would get soggy after a few days in the jar. Leave them whole and they will be delicious.
4. At the very top, you cram in your lettuce. I chose an artisan romaine that was at Harris Teeter. Any of your favorite lettuce should work. Kale (which could probably handle the dressing), spinach, spring mix, iceberg. Pick your favorite. I like Romaine as it's a bit darker, but still crunchy. I find it easy to chop/slice and cram into the top of the jar. You do NOT want dressing on the lettuce. Put as much lettuce as you want, or as can fit.
5. Put the top on and place in the fridge!
6. Take a picture and share it with me on facebook, cause I want to see the beautiful creation! :-)

For 6 quart salads, I bought 2 small heads of artisan romaine lettuce, one small pack of full size carrots, one small head of celery, one green pepper, one pint of tomatoes and I used about 2 cups worth of black eyed peas leftover from my freezer.

## How Long Does It Last?

These salads were very delicious, even on Thursday! The lettuce was crisp, the marinated veggies very tasty and the lettuce wasn't even brown at all. I was pretty amazed. Now, if you're a picky person when it comes to the veggies, you probably want to eat it all by Wednesday evening.

There are many variations on this recipe. I found this article earlier this week. Maybe it will inspire you!

<http://thecozyvegan.com/2013/01/22/mason-jar-salad-days/>

Lemon Garlic Tahini dressing

Lemon Garlic Tahini Dressing:

1 lemon, juiced  
3 tbsp tahini  
2 tbsp olive oil  
2 minced garlic cloves  
1/4 cup water (more if too thick)  
salt  
pepper  
optional herbs such as a fresh parsley, rosemary, etc

Carrots  
Chickpeas (rinsed and drained)  
Shredded beets  
Quinoa  
Smoked tofu (not super visible but hiding in the quinoa)  
Sunflower seeds  
Spinach