



# Mason Jar Salads and More: 50 Layered Lunches to Grab and Go

*Julia Mirabella*

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## **SALAD MAGIC IN A MASON JAR**

Discover the coolest way to pack a tasty, healthy lunch! *Mason Jar Salads and More* shows how to prepare on-the-go meals that are packed with fresh produce and whole foods.

The tasty recipes and gorgeous full-color photos in this book will show you how to create amazing dishes, including:

- **Pomegranate and pear salad**
- **Pesto tortellini with cherry tomatoes**
- **Crunchy Asian salad**
- **Spinach, blueberry and blue cheese salad**
- **Curried chicken salad**
- **Kale and avocado salad**
- **Porcini mushroom risotto**
- **Overnight oatmeal with fruit**
- **Green bean and feta salad**

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