

How to Pack the Perfect Take-Along Salad Bowl



INGREDIENTS per single salad serving

- 1 to 4 tablespoons salad dressing
- Mix of raw and cooked vegetables, fresh and dried fruit, nuts, cheese, and other salad ingredients
- Salad greens

EQUIPMENT

- Wide-mouth container with lid
- Large bowl or plate, to serve (optional)

Make SALAD DRESSING in quart container (1 serving). Or, pour about 2 tablespoons prepared dressing into container and skip to the layering steps below.

1. Salad dressing:

- 1 Tbsp olive oil or vegetable oil, or part mayonnaise or plain yogurt for creamy dressing
 - 1 Tbsp balsamic vinegar/part lemon juice (or red wine vinegar, cider or white vinegar)
 - 1/8 teaspoon each salt and pepper, dried oregano or basil, to taste
- Optional flavorings:

- Drizzle of honey, maple syrup; pinch of brown sugar or white sugar
- Squirt of prepared mustard: any kind like yellow, Dijon, or grainy mustard
- Drizzle of tahini

2. Cover container and shake well. Sample dressing and adjust to taste.

3. Layer salad ingredients on top, starting with harder vegetables first, ending with lightest greens. If planning to eat more than 1 day ahead, do not include diced avocado.

4. Cover and refrigerate or pack in a cooler until ready to eat.

5. LAYER SALAD with your favorites:

Hard vegetables: choice of chopped or sliced carrots, cucumbers, red and green peppers, celery, fennel, cooked beets.

Beans, grains, and pasta: choice of chickpeas, black beans, pinto beans, cooked barley, pasta corkscrews, bowties, or cooked quinoa.

Cheese and proteins*:
Crumbled feta, goat cheese or blue cheese.
Canned tuna, cooked chicken, cubed tofu, hard-boiled egg.

Softer vegetables and fruits*:
Diced, avocado, tomatoes, strawberries, or dried apricots, raisins, cranberries.

Nuts, seeds, and lighter grains*: almonds, walnuts, sunflower seeds, pumpkin seeds, cooked

quinoa. **Salad greens:** Last but not least, fill the rest of the container with salad greens – lettuce, kale, chard. Use your hands to tear leaves into bite-sized pieces. It's fine to pack them into the jar fairly tightly to get enough in.

Storing the salad: Cover the container and refrigerate for up to 3 days. If making more than 1 day ahead, add items in the cheese, soft veg, and nuts groups* the day you plan to eat the salad.

Tossing and eating the salad: When ready to eat, shake the salad in the container or into a bowl. Shaking the salad is usually enough to mix the salad with the dressing. If not, toss gently with a fork until coated.