

# 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). Adjust accordingly for more servings.

1. 1 Tbsp olive oil or vegetable oil, or part mayonnaise and oil for a creamy dressing  
1 Tbsp balsamic vinegar/part lemon juice (or red wine vinegar, cider vinegar, or white vinegar)  
Optional:

2. Drizzle of honey, maple syrup; pinch of brown sugar or white sugar  
Drop of teaspoon prepared mustard, any kind like yellow, Dijon, or grainy mustard  
1/8 teaspoon each salt and pepper or to taste

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

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

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

## LAYER SALAD with your favorite foods:

6. **Pour** 1 to 4 tablespoons salad dressing in the bottom of the container (if not making own per above). Adjust the amount of dressing depending on the size of the salad and your preference.

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

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

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

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

11. **Nuts, seeds, and lighter grains\*:**  
almonds, walnuts, sunflower seeds, pumpkin seeds, cooked quinoa.

12. **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 to get enough in.

13. **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.

14. **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.

15.

16. *For best freshness, add ingredients like proteins and softer fruits, veg, nuts and seeds on top of the salad within one day of when you plan to eat*