

Salad In A Jar

From thegirlonbloor.com

Many variations of this recipe are shared on this page:

<https://thegirlonbloor.com/mix-and-match-mason-jar-salad-recipes/>

Beth especially liked this dressing:

Green goddess dressing

- 1 tbsp olive oil
- 1tbsp lime juice
- 1 tbs packed cilantro or parsley, finely chopped
- 1 tbsp sour cream
- 1 clove garlic, minced
- ½ tsp each salt & pepper

Beth's favorite jar consisted of:

(from the bottom up)

- dressing
- garbanzo beans
- chopped raw cauliflower
- cucumbers
- tomatoes
- feta cheese
- mixed green & red lettuce