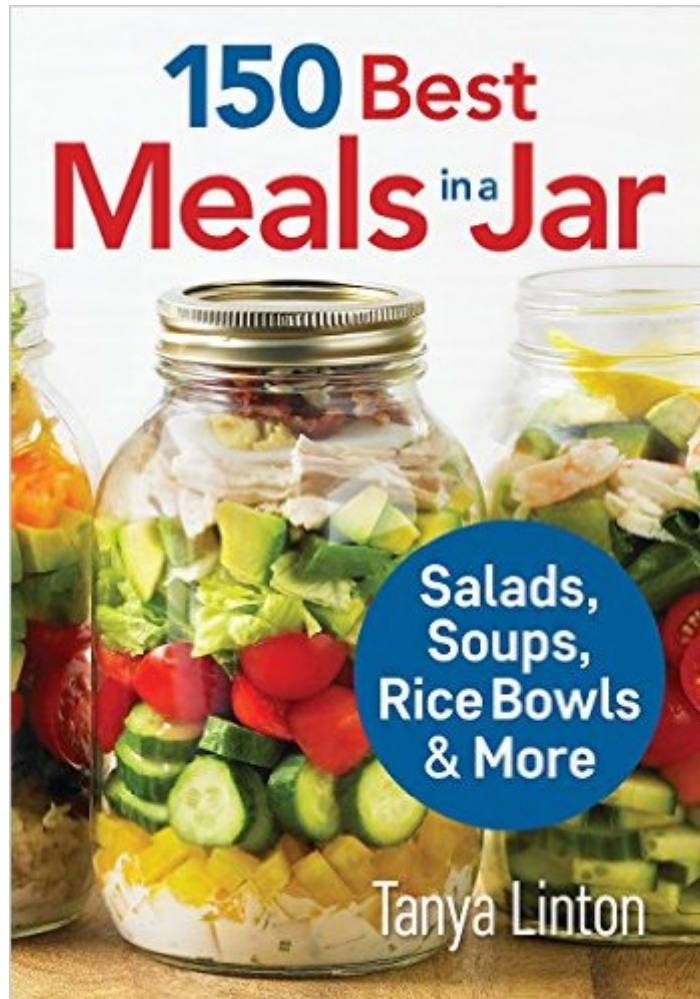


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# 150 Best Meals In A Jar: Salads, Soups, Rice Bowls And More



## Synopsis

Canning jars are perfect for a healthy and delicious salad. The dressing goes on the bottom, with heavier or harder ingredients making up the next layer(s), perhaps topped off with some fresh leafy greens. Everything stays crisp and separate until it is time to toss the salad in a bowl ready to serve and enjoy. When made ahead these 150 tempting and innovative recipes last for days in the fridge for almost a week's worth of lunches and/or dinners. These "grab and go" salads are ideal on those harried weekday mornings or busy weekends. Tanya Linton includes creative snacks and breakfasts as well as a chapter devoted to rice bowls and even desserts. Lettuce-based salads like Italian Salad (chopped salami, spicy green beans, white beans and Pecorino), Green Goddess (sugar snap peas, proper peas and edamame with hoisin chicken) or Sweet and Salty Salad (arugula, figs, buffalo mozzarella and prosciutto) are great for the whole family. For something more hearty, there are also noodle and grain/legume based salads like Pasta Carbonara Salad (pasta, cooked eggs, cooked pancetta, baby arugula), Chicken Soup Salad (noodles, carrots, celery, chopped kale and chicken) and Layered Tabbouleh Salad (couscous, cucumber, tomatoes, parsley, onion). For a dessert idea for an office celebration or a picnic, Pretty Pavlovas, Layed Cheater Chocolate Cheesecake and Banana Bread Parfait are favorites.

## Book Information

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## Customer Reviews

Tanya Linton provides the reader with an amazing array of ways to prepare fresh meals fast, ranging from salads and soups to rice bowls and desserts, by packaging them up to 3 days ahead

of time, layered in glass jars with a variety of sauces, condiments and dressings. These colorful meals utilize the freshest ingredients of the season and incorporate your own home-made salad dressings (recipes also provided). Why settle for a sandwich or an unhealthy and expensive fast food meal, with just a little advance planning, you can enjoy Fried Egg Rice Bowl, Lasagna in a Jar, Souvlaki, Salad Nicoise, or even a Classic Cobb Salad. Get those Mason jars out of storage and get busy on a Sunday afternoon to start creating beautiful meals that appeal to the eye as well as the tastebud that you can dole out the rest of the week.

I've worked with parties and events for several years, and one of the biggest trends right now is mason jar meals. Some of the advantages of serving party food in jars is that we can make salads, entrees, and desserts ahead of time, seal them up, and serve when it's time. Plus, when the ingredients are layered properly, the food stays fresh and delicious, they look festive and beautiful, and you can walk around and eat while chatting. In 150 Best Meals in a Jar there are lots of easy-to-make recipes from around the globe, as well as excellent tips and pointers of how to layer the foods so they stay fresh for parties and other events. I think the recipes would also work in a plastic container or could be served right away in any container you like. I use small pint sized jars for parties and the salads, main dishes and desserts all work well. There are various kinds of bowls that we've all really liked including the mango avocado chicken bowl, or the quick and easy California roll bowl. I suppose the book's real strengths are its many wonderful salads, like the Greek or Pad Thai, the Lentil Salad with tzatziki, and the Asian slaw with honey ginger dressing.

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