



Rainbow Salad in a Jar

Yield: 4, Quart Size Jars

Ingredients:

- 2 cups greens: spinach, romaine and/or kale
 - 1 cup cauliflower florets
 - 1 cup carrots, thinly sliced
 - 1 cup yellow bell pepper
 - 1 cup tomatoes, diced
 - 1 cup purple cabbage, shredded
 - $\frac{1}{2}$ cup blueberries
 - Optional Add ins: Quinoa, garbanzo beans, walnuts or sunflower seeds
- *Can also substitute any vegetable with your favorite in that color category

Lemon Vinaigrette

- 1 tsp Dijon mustard
- zest and juice of 1 lemon (about $\frac{1}{4}$ cup)
- 1 tbsp. maple syrup or honey
- $\frac{1}{2}$ cup extra-virgin olive oil
- Salt and pepper to taste

*Recommend quart size jar to build salad

*Set up assembly line in kitchen for kids to make their own creations

Directions:

1. Whisk vinaigrette ingredients together and add 1/4 cup dressing to the bottom of the jar.
2. Layer vegetables starting with the harder veggies first: cauliflower, carrots, cabbage.
3. Next add, bell pepper and tomatoes.
4. Add fruit then any optional items
5. Top with fresh greens.
6. When ready to eat, empty the jar onto a large plate.