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Salad In A Jar: 68 Recipes For Salads And Dressings



Synopsis

A collection of more than 60 illustrated recipes for simple-to-prepare salads, dressings, breakfasts, and snacks to take on the go. The solution to the lunchtime salad rut, *Salad in a Jar* provides healthy, easy alternatives to dissatisfying or overpriced grab-and-go meals. These nutritionally balanced recipes are perfect for making ahead. Anna Helm Baxter reveals the keys to layering ingredients to maximize freshness and texture for a hearty and satisfying dish or snack. Tips and tricks include instructions on designing salads in a jar with recipes for raw salads, side salads, meal salads, snacks, and desserts.

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Customer Reviews

ANNA HELM BAXTER is a food writer, recipe developer, and food stylist. She started her career working for Jamie Oliver before moving to New York where she has worked across almost every food media outlet including many major magazine publications and network TV shows. Anna lives, cooks, and writes in Brooklyn with her husband and two young children. She likes insanely spicy food, making elaborate birthday cakes, and saving room for dessert.

INTRODUCTIONIn a world where many of us find ourselves eating meals on the go or at our desks, there seem to be two dismal scenarios. A packed salad that ends up soggy, brown, and limp leafed (or worse, spilled all over your bag). Or an overpriced, mediocre purchased salad that leaves you thinking that you could have done it better (and cheaper) yourself. Enter the humble jar. Who

would have thought that storing salads in a jar could make lunch on the go so much fresher, easier, and cheaper? Tossing a jar of salad in your bag will no longer be like playing a game of lunchtime roulette. Jars keep salad ingredients fresher for longer and make salads more portable, more convenient, and leak-proof. And they are built-in portion control. Far from the prawn cocktail of my youth, these salads range from the slight to the substantial. The big-jar recipes are packed with whole grains, proteins, and hearty vegetables to keep you out of the snack drawer until dinner. The small-jar recipes are full of flavor with a sprinkling of lighter grains – perfect for less-hungry days or as side dishes. All of the salad recipes are nutritionally sound, incorporating lots of fresh vegetables, heart-healthy fats, and whole grains so that eating salad feels like a meal rather than a starter course. What are you waiting for? Happy salad jarring!

Equipment Very little equipment is needed to assemble salad in jars, but here are a few useful items that will speed up your prep time and make your salad-in-jars experience the best it can be.

- Wide-mouthed jars These will make assembling and eating much easier.
- Salad spinner Use to get salad greens clean and dry.
- Y peeler Use for shaving long ribbons of vegetables.
- Mandoline or handheld slicer Use for extra-thin slicing or julienning.
- Long-handled rubber spatula Use for getting every last drop of dressing.

Prep times Some of the recipes call for precooked grains; the cooking guide on page 10 will direct you. Leftover cooked grains can be frozen in zip-top bags, making it simple to pull out what you need, when you need it.

SOUTHEAST ASIAN
Makes: 1 pint
Time: 5 minutes
YOU NEED
 1 to 2 tablespoons Thai Pick-Me-Up
 1 small carrot, peeled and julienned
 1 ounce enoki mushrooms
 2 ounces chopped baby bok choy
 4 ounce cashew nuts
 Place the dressing in the bottom of a pint jar. Add the carrot, followed by the mushrooms, baby bok choy, and, finally, the cashews (separated by parchment if not eating that day). Seal the jar tightly. This salad is full of vitamin A, which is essential for vision, the immune system, and reproduction.

Antioxidant
IF
Infection fighting
FS
Fertility Supporting

The salads are nice and simple, however they're really tiny servings and many books are now producing recipes where the ingredients pan over to other recipes easily. Each recipe is completely different from the next and requires you to go buy large bunches of veggies for small jars.

Great book..love the recipes...came on time in perfect condition

I love cookbooks with lots of pictures! This is a must buy!

Simple to read, easy to make, and get ideas!

good recipes for on the go

An absolutely stunning book that I would whole-heartedly recommend to both novice and established cooks alike. The author offers recipes for quick and healthy portable lunches, snacks, desserts etc. all ready-to-go in a jar. Layering correctly is essential to results and the book includes reasons for doing so. Everyday ingredients are used for all recipes, although please note that for readers in the UK, you'll need to translate one or two of the American ingredients, i.e. cilantro leaves = fresh coriander leaves, arugula = rocket leaves etc. The photos of the ingredients are simply presented, with no background clutter, and look so fresh and vibrant that it is felt you could almost lift each item off the page. Specific nutritional properties and more general ones are offered with each recipe. I know what I'll be buying all of my friends and family for their birthdays this year! I chose to read this ARC for which I have given a voluntary and unbiased review.

I eat salad. A lot. I know I'm supposed to eat it and I mostly like to but sometimes I get bored or stuck in the same old, same old. Thank goodness for salad in a jar. It has recipes for 68 salads and dressings and they are for the most part very tasty (which one's are tasty is just personal preference). I like that they have all kinds of salad. Small salads, lunch salads and salads for dinner that are simple and complex. I am really happy that they have dressings without sugar. This book is physically lovely with big, vibrant pictures of the salads and their ingredients. Simple and clear directions are given. Putting salad in a jar and layering it so that it doesn't get soaked by the dressing or mushy from various ingredients touching each other is key here. It allows me to take salad wherever I want to go. It is a perfect solution for people with health challenges who need/want to have more control of their meals across the day. It allows for freedom and flexibility and is yummy. Can't ask for much more. Thank you to Netgalley for allowing me to review this book for an honest opinion.

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Reviewer: DelAnne
Rating: 5 Stars
If you enjoy a tasty salad then

you really need to check out Salad in a Jar. These are great for work or picnic lunches. Beautifully illustrated instructions of these wonderful salads. Information on ingredients you can use, add dressing. When ready to eat shake and dig in. My rating of "Salad in a Jar" is 5 out of 5 stars.

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