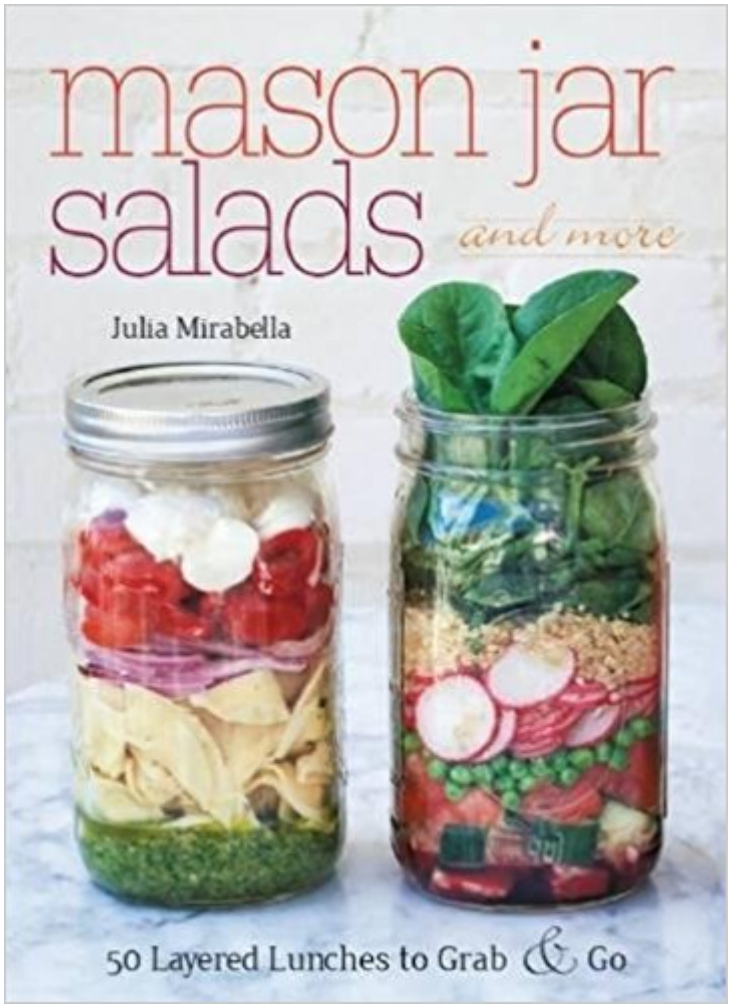
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Mason Jar Salads And More: 50 Layered Lunches To Grab And Go



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Synopsis

SALAD MAGIC IN A MASON JAR Discover the coolest way to pack a tasty, healthy lunch! Mason Jar Salads and More shows how to prepare on-the-go meals that are packed with fresh produce and whole foods.The tasty recipes and gorgeous full-color photos in this book will show you how to create amazing dishes, including:Ã¢â ¬Â¢Pomegranate and pear saladÃ¢â ¬Â¢Pesto tortellini with cherry tomatoesÃ¢â ¬Â¢Crunchy Asian saladÃ¢â ¬Â¢Spinach, blueberry and blue cheese saladÃ¢â ¬Â¢Curried chicken saladÃ¢â ¬Â¢Kale and avocado saladÃ¢â ¬Â¢Porcini mushroom risottoÃ¢â ¬Â¢Overnight oatmeal with fruitÃ¢â ¬Â¢Green bean and feta salad

Book Information

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Customer Reviews

"Mirabella offers delicious recipes for salad combos, dressings, smoothies, and other light meal ideas to perk up your lunch."Ã¢â ¬â •The Christian Science Monitor"This cookbook is all about feeding you idea after idea, and then showing you just how to execute each on. Plus, salads layered in jars just look pretty! Who wouldn’t want to eat these beautiful salads?!" Ã¢â ¬â •TheKitchn.com

Julia Mirabella grew up in a household that emphasized Italian food and taught her to love cooking with fresh ingredients. When starting her first job as an attorney, she realized she needed to rethink her work lunches and started making Mason jar salads as a way of eating better. You can check out her blog at: www.myfoodandotherstuff.com.

I love this book! I have been eating mason jar salads several times a week since I bought the book and have tried about 10 of the recipes. Particular favorites that I have often include: Green Bean & Feta; Corn & Blueberry (see attached photo); Beet and Carrot; Mixed Greens with White Bean Salad; and Arugula, Pine Nut and Parmesan. While I think the recipes are terrific with interesting combinations of ingredients, I have several suggestions for would be salad chefs:1) Cut back on the oil, especially if (like me) you are watching your weight or limiting fat intake. The recipes are paired with homemade vinaigrettes which contain oil. Fine, I love oil, but the quantities can be reduced without making a big difference in the tastiness of the salads. Recipes calling for 3 T of oil get cut back to 1 T. I usually just use equal parts oil and whatever vinegar or juice (lemon, lime, etc.) is recommend. Also, when the recipe calls for toasting pine nuts in oil, I use a spray of olive oil in the skillet instead of the tablespoon called for in the recipe.2) Keep a supply of salad greens on hand. I use all kinds--whatever looks good at the store (kale, red leaf lettuce, spring mix, spinach, baby arugula). After I get the dressing and key ingredients in, I fill the jar all the way up with greens. Also, many of my favorite recipes call for cherry tomatoes so I routinely buy a large container of them (at least until my tomato plants start producing).3) Always make the quart size. Some of the recipes specify the pint size but that's not enough room for the addition of extra greens which add flavor, fiber, and vitamins and make it feel more like a full meal (which it is for me--I have one for lunch most work days).4) Always prepare TWO quart size jars of the same recipe. They keep fine in the fridge for several days. The recipes vary in how many servings they make. I just estimate what I need for two quart jars. Doesn't have to be exact! It's a big time-saver for me to do two of them since prep time is about the same whether I'm making one or two.5) Buy the Cuppow Canning Jar Lunchbox Adaptor (you can order on at http://amzn.com/B00GMLOD90) to put some ingredients into that you want to keep separate. The author suggests buying an insert of this type but also provides directions for a parchment paper work-around. I prefer the ease of the reusable inserts and bought two since I always make two jars at a time. I've found that cucumbers lose their crispness if added into the jar so like to keep them separate. I also use it for nuts (pistachios, pine nuts, etc) so they stay crisp, and for feta cheese so that it stays firm. Once I stuff the greens into the top of the jar, I insert the Cuppow and add whatever needs to be kept separate and screw the lid on top of that. Works perfectly.6) Use a really big bowl or preferably a plate. Once everything is packed in the jar in layers, you'll want to turn the jar upside down and empty it all at once onto a plate so you the dressing ends up on top (the dressing is always put into the bottom of the jar) and then mix ingredients into the dressing . For work, I've been using Dixie platters (you can probably find at your local grocery or buy on at http://amzn.com/B00ISLTM1G). They are big, oval shaped, and

leak-proof. The salads are often juicy, both from the dressing and from other ingredients. At home I just use a dinner plate.7) Finally, I encourage you to springboard off this delightful book (love the gorgeous pictures in the book, too!) and make up your OWN recipes. Once I got the idea, it was easy to start incorporating ingredients from my own little garden into the recipes and taking advantage of seasonal selections at the store. I also started experimenting with the vinaigrette--bought some interesting vinegar selections to try, like orange-honey balsamic vinegar, and also some different oils like garlic-infused oil, hazelnut oil, peanut oil, etc.In summary, I am sooo glad I purchased the book. I was REALLY tired of frozen meals or boring sandwiches and soups for lunch. These beautiful, tasty salads make me feel like I'm having lunch at a nice restaurant instead of at my desk! Highly recommended!

First of all, the number of salad recipes in this book is rather small. There are also smoothie recipes and other lunch recipes, like pasta or potato salad that can be put in a mason jar. The salad recipes are good but the amount of olive oil used is astronomical. For instance, one recipe calls for half of a zucchini to be cooked in 2 tablespoons of oil. Most of the dressing recipes contain 3 tablespoons of oil to make 1 to 2 servings. I cut down significantly on the oil with no problems. Also, she calls for a pint sized jar on most recipes but I have found if I follow her measurements, even with smooshing down the ingredients, I have trouble fitting it into a pint sized jar.

Got this book first from the library. Tried several salads and loved the ease and variety. Bought books for gifts for working daughter and daughter in law along with the jars. A perfect gift for the working woman. It is nice to have them just waiting for you to pick in the morning. Surprised that they DID stay fresh for 5 days. Only make the mess once (about 45 minutes) and you are set with a weeks lunches. Only clean up once. Add a touch more protein from leftovers and you have a full meal that will hold you till dinner. Easy clean up since they can go in the dishwasher. I am retired and love to see the pretty jars waiting for me to pick a lunch daily. There is more variety than you would think. Try it!

After our wedding I had about a million mason jars, and nothing to do with them. I came across this book and immediately thought it was a wonderful, affordable, and practical idea. Since taking the mason jars to work, I have had no lunch spills in my purse, which is an impressive and positive statistic considering my track record before with pyrex! I have made several of these salads and breakfasts and enjoyed all of them. I appreciate that the author offers a few novel items, keeping

with the season and the farmerÃƒÂ¢Ã â ¬Ã â„¢s market like sorrel, but unlike a top chef cookbook, I can easily find most of the ingredients in the book, even if I am not sourcing at the same places as the author. These recipes are quick, healthy, and portioned well. I find myself better able concentrate in the afternoon after making one of these salads, instead of the old 2 pm crash. I am filled, but not weighted down. I would highly recommend this book to busy people looking for healthy food.

The recipes are just okay. As another reviewer stated, it would be nice if these were recipes to make a whole weeks worth of a single salad instead of the 1-2 servings. It seems to be more time consuming if trying to prepare several days worth of one recipe. Many of the recipes I tried used the large size mason jars, and it was just way too much salad for just one person. I didn't have pint size jars so I tried adding less ingredients, but then my salads would get soggy after a couple of days. The book is also very thin and paperback, like a couple magazines thick basically. Overall it's okay, but I think I could have found better recipes for free on the internet.

This book has lots of great ideas for packing healthy, yet delicious, breakfasts, lunches and snacks for busy folks. I make a lot of salads for lunch at work, but these recipes really spiced up my routine and got me thinking more creatively about my ingredients. Additionally, the oatmeal and smoothie recipes are an easy way to prepare healthy breakfast options (always a challenge when running from the gym to the office in the morning) the night before. I highly recommend this book to anyone looking to spice up their lunch routine, or looking for great on-the-go recipes you can prepare a day or a week in advance!

I was interested in portable, inexpensive healthy lunches and got many ideas for mason jar meals from youtube and pinterest. This book has more tips and helpful information not mentioned in other sources of information. The photos bring the recipes to life. The ideas in this book are also motivating to put your own spin on it. I liked it a lot.

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