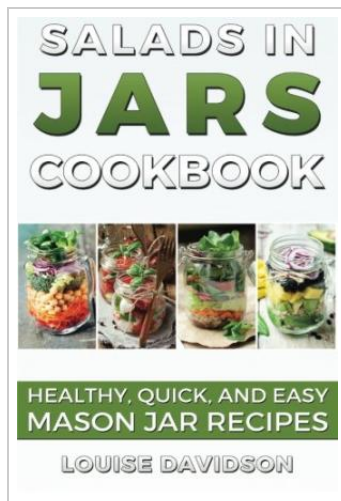




Salads in Jars Cookbook: Healthy, Quick and Easy Mason Jar Recipes (Paperback)

By Louise Davidson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Salads in Jars are not only convenient and trendy but a quick and easy grab and go solution for a healthy lifestyle! Canning jars have never been more fashionable in the food world than right now. One of the most popular purposes for the jar is to use it as a container for packing salads. Aesthetically, the bright and cheerful layers of rainbow-colored vegetables is a mood booster, and they make healthy food look cool as a cucumber. But beyond looks, the jar salads also present practical options for packing and transporting salads to work. The tall vertical design of the jars means salad ingredients need to be stacked on top of each other. This forces the separation of the dressing from the delicate ingredients, helping to preserve the freshness and crispness of the greens. It is because of this convenience and practicality that packing salads in jars seems likely to stick around for a long while. And the beauty of these jar meals is that the possibilities are endless when creating your own salad. This book introduces the basic...



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