

Mason Jar Salad Recipes for Healthy Lunches

Layering ingredients in a jar keeps them fresh longer, preventing sogginess.



TIME
15 min

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ChefManiac

INGREDIENTS

- 1 cup quinoa, cooked and cooled
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1 bell pepper, diced
- 1 cup chickpeas, drained and rinsed
- 1/4 cup feta cheese, crumbled
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- Salt and pepper to taste

DIRECTIONS

1. Start by preparing your quinoa according to package instructions. Allow it to cool completely.
2. In a large bowl, combine the olive oil, lemon juice, salt, and pepper to create a dressing.
3. Layer the ingredients in your : Mason jars starting with the dressing at the bottom, followed by quinoa, chickpeas, cucumbers, bell peppers, cherry tomatoes, and finally, top with feta cheese.
4. Seal the jars tightly and store them in the refrigerator. They can last up to five days!

More recipes: ChefManiac.com

Original recipe: <https://chefmaniac.com/mason-jar-salad-recipes-for-healthy-lunches/>