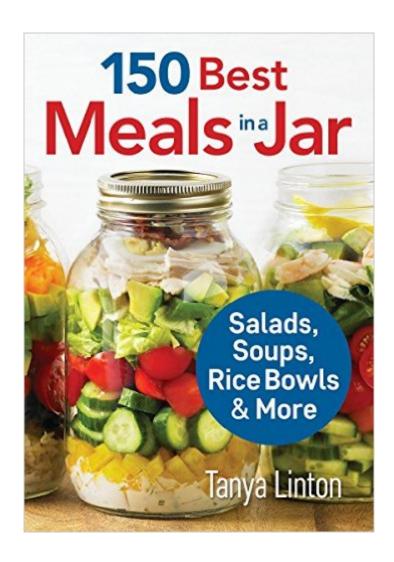
## The book was found

# 150 Best Meals In A Jar: Salads, Soups, Rice Bowls And More





### **Synopsis**

Canning jars are perfect for a healthy and delicious salad. The dressing goes on the bottom, with heavier or harder ingredients making up the next layer(s), perhaps topped off with some fresh leafy greens. Everything stays crisp and separate until it is time to toss the salad in a bowl ready to serve and enjoy. When made ahead these 150 tempting and innovative recipes last for days in the fridge for almost a week's worth of lunches and/or dinners. These "grab and go" salads are ideal on those harried weekday mornings or busy weekends. Tanya Linton includes creative snacks and breakfasts as well as a chapter devoted to rice bowls and even desserts. Lettuce-based salads like Italian Salad (chopped salami, spicy green beans, white beans and Pecorino), Green Goddess (sugar snap peas, proper peas and edamame with hoisin chicken) or Sweet and Salty Salad (arugula, figs, buffalo mozzarella and prosciutto) are great for the whole family. For something more hearty, there are also noodle and grain/legume based salads like Pasta Carbonara Salad (pasta, cooked eggs, cooked pancetta, baby arugula), Chicken Soup Salad (noodles, carrots, celery, chopped kale and chicken) and Layered Tabbouleh Salad (couscous, cucumber, tomatoes, parsley, onion). For a dessert idea for an office celebration or a picnic, Pretty Pavlovas, Layed Cheater Chocolate Cheesecake and Banana Bread Parfait are favorites.

#### **Book Information**

Paperback: 192 pages

Publisher: Robert Rose (March 21, 2016)

Language: English

ISBN-10: 077880528X

ISBN-13: 978-0778805281

Product Dimensions: 7 x 0.9 x 10 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â See all reviews (2 customer reviews)

Best Sellers Rank: #232,553 in Books (See Top 100 in Books) #54 in Books > Cookbooks, Food

& Wine > Cooking by Ingredient > Rice & Grains #54 in Books > Cookbooks, Food & Wine >

Main Courses & Side Dishes > Salads #737 in Books > Cookbooks, Food & Wine > Cooking

Methods > Quick & Easy

#### **Customer Reviews**

Tanya Linton provides the reader with an amazing array of ways to prepare fresh meals fast, ranging from salads and soups to rice bowls and desserts, by packaging them up to 3 days ahead

of time, layered in glass jars with a variety of sauces, condiments and dressings. These colorful meals utilize the freshest ingredients of the season and incorporate your own home-made salad dressings (recipes also provided). Why settle for a sandwich or an unhealthy and expensive fast food meal, with just a little advance planning, you can enjoy Fried Egg Rice Bowl, Lasagna in a Jar, Souvlaki, Salad Nicoise, or even a Classic Cobb Salad. Get those Mason jars out of storage and get busy on a Sunday afternoon to start creating beautiful meals that appeal to the eye as well as the tastebud that you can dole out the rest of the week.

Iâ Â<sup>TM</sup>ve worked with parties and events for several years, and one of the biggest trends right now is mason jar meals. Some of the advantages of serving party food in jars is that we can make salads, entrees, and desserts ahead of time, seal them up, and serve when itâ Â<sup>TM</sup>s time. Plus, when the ingredients are layered properly, the food stays fresh and delicious, they look festive and beautiful, and you can walk around and eat while chatting.In 150 Best Meals in a Jar there are lots of easy-to-make recipes from around the globe, as well as excellent tips and pointers of how to layer the foods so they stay fresh for parties and other events. I think the recipes would also work in a plastic container or could be served right away in any container you like. I use small pint sized jars for parties and the salads, main dishes and desserts all work well. There are various kinds of  $\bar{A}$ ¢Â œbowls $\bar{A}$ ¢Â • that we $\bar{A}$ ¢Â Â<sup>TM</sup>ve all really liked including the mango avocado chicken bowl, or the quick and easy California roll bowl. I suppose the book $\bar{A}$ ¢Â Â<sup>TM</sup>s real strengths are its many wonderful salads, like the Greek or Pad Thai, the Lentil Salad with tzatziki, and the Asian slaw with honey ginger dressing.

#### Download to continue reading...

150 Best Meals in a Jar: Salads, Soups, Rice Bowls and More Great Bowls of Food: Grain Bowls, Buddha Bowls, Broth Bowls, and More Rice Rice Baby - The Second Coming Of Riced - 50 Rice Cooker Recipes (Rice Rice Baby, Rice Cooker Recipes) 101 Mason Jar Salads Recieps: Quick and Easy Mason Jar Recipes for Meals on the Go Rice Cooker Recipes - A Low Carb Cookbook - Low Sugar & 1001% Refined Sugar Free - Gluten Free & Diabetic Friendly (Rice Rice Baby - Rice Cooker Cookbook) (Volume 2) Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) Rice Cooker Zojirushi Guide: The Best Recipes For Your Rice Cooker: Make The Best Tasting Rice Cooker Recipes Quick And Easy The Ultimate Rice Cooker Cookbook: 250 No-Fail Recipes for Pilafs, Risottos, Polenta, Chilis, Soups, Porridges, Puddings and More, from Start to Finish in Your Rice Cooker (Non) The Ultimate Rice Cooker Cookbook: 250 No-Fail Recipes for Pilafs, Risotto, Polenta,

Chilis, Soups, Porridges, Puddings, and More, from Start to Finish in Your Rice Cooker, Vol. 2 The Pasta Bible: A Complete Guide To All the Varieties and Styles of Pasta, with Over 150 Inspirational Recipes From Classic Sauces to Superb Salads, and From Robust Soups to Baked Dishes. The Joy of Juicing, 3rd Edition: 150 imaginative, healthful juicing recipes for drinks, soups, salads, sauces, entrees, and desserts The Ultimate Rice Cooker Cookbook: The Best Rice Cooker Recipes Cookbook You Will Find; Over 25 Mouthwatering Rice Cooker Recipes You Will Love! Grain Bowls: Bulgur Wheat, Quinoa, Barley, Rice, Spelt and More Mason Jar Salads and More: 50 Layered Lunches to Grab and Go Quick & Easy Rice Cooker Meals: Over 60 recipes for breakfast, main dishes, soups, and desserts The Complete Rice Cooker Meals Cookbook: over 100 recipes for breakfast, main dishes, soups, and desserts! Heirloom Beans: Great Recipes for Dips and Spreads, Soups and Stews, Salads and Salsas, and Much More from Rancho Gordo Healthy Spiralizer Cookbook: Flavorful and Filling Salads, Soups, Suppers, and More for Low-Carb Living Spiralizer Recipes: 50 The Best Spiralizer Recipes From Classic Pasta Dishes, To Salads, Noodle Soups, Fries, Breakfast Noodles-Crush Your Pasta ... Recipe Book, Spiralizer, Spiralizer Cookbook) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook)

<u>Dmca</u>