

Layered Jar Salad with White Beans

Difficulty: Easy

Prep Time: Less than 20 minutes

"Cook" Time: N/A Makes 4 servings

Special Tools Needed: Four 1-quart jars (wide mouth preferred) with lids

Gluten-free (If gluten-free oats are used) Vegetarian Dairy-free (If the parmesan is omitted) Nut-free

DRESSING

¼ cup olive oil
2 tablespoons balsamic vinegar
2 tablespoons chopped fresh basil
1 garlic clove, minced
½ teaspoon salt
¼ teaspoon ground black pepper

SALAD LAYERS

½ cup diced red onion
 One 15 ounce can cannellini beans, drained and rinsed
 1 tomato, diced
 8 cups fresh arugula
 ½ cup freshly grated Parmesan cheese

- *Dressing: Whisk together all the ingredients. I like to emulsify mine by shaking it together for 1 Or 2 minutes in a small jar. Divide among the four 1-quart jars.
- *Salad layers: On tope of the dressing evenly distribute the rest of the layers in this order: onion, beans, tomato, arugula, and Paremsan
- *Store in the fridge for up to 3 days and shake together just before serving. Eat straight our of the jar or transfer to a plate.

Source: 100 Days of Real Food by Lisa Leake

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