

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 Paremсан*

**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

