



Easy Arugula Jar Salad



FEEDS
2

COOK TIME
10 min

INGREDIENTS

2 cups of Baby arugula — do not use standard arugula
2 teaspoons of Shallots or Red Onions
2 Tablespoons of Olive oil
Parmesan cheese shavings
2 teaspoons of Lemon juice
Kosher salt
Black pepper
2 Quart Sized Canning Jars (can reuse pasta sauce jars)

INSTRUCTIONS

- 1. Pour lemon juice, olive oil, shallots, and season with salt and pepper in a mixing bowl. Divide the mixture evenly between two mason jars.**
- 2. Divide arugula and parmesan evenly between two mason jars.**
- 3. Shake the salad jar and enjoy!**

Salad in a Jar inspired by Dr. Oz's Jar Salad: Roasted Veggie & Lentil Parfait and A Couple Cooks' Easy Arugula Salad.

ENJOY!