



# SUPERGREENS mason jar salad

prep time:  
15

featured product:  
**SUPERGREENS!**

packed full of tons of veggies, this SUPERGREENS! mason jar salad recipe is a fresh, crisp superfood salad that you can take on the go! not only does it look gorgeous layered in a mason jar, but this salad recipe tastes gorgeous too! SUPERGREENS! and quinoa offer some heartiness, while chopped pear and a tangy vinaigrette add a kick of flavor. perfect to bring to the office or a post-workout meal, this portable salad will keep up when you are on the move!



## ingredients

4 servings

for the salad:

3 ounces of **organicgirl© SUPERGREENS!** ?

1 1/3 cups of chopped pear

3/4 cup of sliced red onion

3/4 cup of pomegranate arils

1 cup of cooked quinoa

2/3 cup of coarsely chopped walnuts

for the maple cider vinaigrette:

1/2 cup of extra virgin olive oil

3 tablespoons of pure maple syrup

1 tablespoon of dijon mustard

1 tablespoon of apple cider vinegar

salt and pepper, to taste

## substitutions

? *substitute with* **PROTEIN GREENS**

## directions

1. to make the maple cider vinaigrette, in a small bowl whisk the olive oil, maple syrup, dijon mustard and apple cider vinegar. season with salt and pepper, to taste.
2. to make the salads, divide the dressing, pear, onion, pomegranate arils, quinoa, walnuts and salad mix between 4 medium-sized mason jars, layering in that order.
3. cover the jars and place in refrigerator until ready to serve. when ready to serve, pour the ingredients from the jar into the bowl, mix to blend and enjoy. the jars will keep for 2-3 days. if you prefer, reserve the dressing on the side and add just prior to serving.