



BLUEBERRY GREEN ONION SALAD IN A JAR

MAKES 1 SERVING

Ingredients:

- 2 Tbsp balsamic vinaigrette (see recipe handout)
- ½ c of blueberries
- ¼ c of almonds or walnuts
- ¼ c green onion
- ¼ c tomato
- ¼ c feta (optional)
- 2 handfuls of fresh spinach

Directions:

Place balsamic vinaigrette in the bottom of a mason jar. Add blueberries, green onion, and tomato. Then add nuts and feta. Top with 2 handfuls of spinach. Close the jar with a lid and refrigerate. When ready to serve, shake the closed jar to blend ingredients.