

SALADS

Blueberry Green Onion Salad in a Jar

Makes 1 serving

SATIETY SCORE	NUTRITION
4 / 5	HIGH
Per serving (approx.): Protein 9 g · Fiber 5 g · Calories 350	

Ingredients

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

Directions

1. Place the balsamic vinaigrette in the bottom of a mason jar.
2. Add the blueberries, green onion, and tomato.
3. Add the nuts and feta, then top with the spinach.
4. Seal and refrigerate; shake to blend when ready to serve.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Blueberry Green Onion Salad in a Jar

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 container (6 oz) blueberries (about 1 cup)
- ☐ 1 small bunch green onions
- ☐ 1 medium tomato (about ¼ cup chopped)
- ☐ 2 handfuls of fresh spinach

DAIRY & EGGS

- ☐ ¼ cup feta

PANTRY & DRY GOODS

- ☐ ¼ cup almonds or walnuts