

COOKING FOR WELLNESS

Mason Jar Caprese Salad with balsamic dressing

Ingredients:

- 1 c cooked Farro
- ½ c Sliced cherry tomatoes
- ¼ c Diced red or white onion
- ~1/2 c mini mozzarella ball cheese
- 3-4 c Mixed greens (example: spinach and arugula)

Balsamic Dressing:

- 1 T olive oil
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- Pinch of salt and pepper



Instructions:

1. Cook farro according to directions. Use low sodium vegetable broth in place of water for additional flavor.
2. Cut cherry tomatoes and onions
3. Whisk together ingredients for dressing in a small bowl
4. Build you jar: add dressing first, tomatoes, onions and cheese then layer ½ c cooked farro and greens to fill the mason jar.

Ingredients for salad will make enough for 2 salads. Please feel free to add addition veggies to your liking!

Nutrition Facts:

208 calories, 23 gm carb (~5 gm fiber), 10 gm fat, 7 g protein, 146 mg sodium

Recipe adapted from: <https://thegirlonbloor.com/mix-and-match-mason-jar-salad-recipes/>



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<https://www.cancersupportohio.org/programs-and-services/cooking-for-wellness-recipe-archives?hsLang=en>
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