**Salad in a Jar Instructions:**

Place veggies in this order!

Hard, crisp veggies such as Celery, Carrots, Radishes

Grape tomatoes

Mixed greens

For a Quart Salad Jar

6-8 organic grape tomatoes

8.5oz heaping cup of toppings such as celery, radish, peppers, carrots

1 Small Head of Romaine lettuce - chopped small

2.5 oz baby spinach or baby greens