



Quick 'N Easy Jar Salads

Dietitian's Choice Salad

Layer	Ingredients
1	2 tablespoons Kraft Balsamic Vinaigrette
2	4-6 chopped baby carrots
3	¼ cup peas
4	¼ cup chopped peppers
5	¼ cup garbanzo beans
6	¼ cup reduced fat feta cheese
7	½ cup chopped tomato
8	2 cups spring mix salad greens with kale

Taco Salad

Layer	Ingredients
1	2 tablespoons Kraft Classic Catalina Dressing
2	1 tablespoon salsa
3	2 tablespoons sour cream
4	¼ cup taco meat
5	½ cup chopped tomatoes
6	¼ cup kidney beans
7	8 cup shredded cheddar cheese
8	½ cup crushed tortilla chips
9	2 cups shredded lettuce

Strawberry Poppyseed Salad

Layer	Ingredients
1	2 tablespoons Kraft Balsamic Vinaigrette
2	4-6 chopped baby carrots
3	¼ cup peas
4	¼ cup chopped peppers
5	¼ cup garbanzo beans
6	¼ cup reduced fat feta cheese
7	½ cup chopped tomato
8	2 cups spring mix salad greens with kale

BLT Avocado Salad

Layer	Ingredients
1	2 tablespoons Kraft Bleu Cheese Dressing
2	½ cup chopped tomatoes
3	1 chopped avocado
4	6 cooked and chopped bacon slices
5	2 cups lettuce or spinach mix

Mom's Salad

Layer	Ingredients
1	2 tablespoons Kraft Bleu Cheese Dressing
2	2 ounces bacon real bites
3	¼ cup sweet peas
4	¼ cup chopped cauliflower
5	4-6 chopped baby carrots
6	2 cups romaine lettuce

Greek Salad

Layer	Ingredients
1	2 tablespoons Kraft Red Wine Vinaigrette Dressing
2	½ cup chopped cucumber
3	½ cup chopped tomatoes
4	2 tablespoons chopped red onion
5	4 ounces skinless chicken breast, cooked and chopped
6	2 tablespoons reduced fat crumbled feta cheese
7	1 tablespoon chopped black olives
8	2 cups chopped romaine lettuce