

Recipes

Rainbow salad in a jar

Cost: round 40- 50p per jar

1 clean jam jar

Selection of salad ingredients – I used 1 lettuce leaf, 4 tomatoes, ¼ stick celery, 3 apricots, a chunk cucumber, chunk red pepper and chunk yellow pepper. Other ideas include sweetcorn, peas, apple, raisins, onion, spring onions, radish, grated carrot, pineapple – just use what you have in your cupboard, fruit bowl and fridge. Get the children involved in helping you pick ingredients, preparing the foods and choosing what goes in to their jar.

I also had some leftover cous cous from the night before so if you have any leftovers such as pasta, cooked potato or rice etc, you could add these too.

Additional extras – you could add a little oil, salad dressing, grated cheese, hummus or yoghurt.

1. Wash and prepare all ingredients by chopping into small pieces
2. Then layer into your jar in whatever order you like – I colour coded mine!

