



Traveling “Meatloaf” Salad to Go

Avocado Dressing:

- 1 Tablespoon chopped cilantro
- 1/8 teaspoon garlic powder
- 1 Tablespoon olive oil
- 1 Tablespoon lemon juice
- 1 small avocado, peel, pit
- Salt and black pepper to taste
- 2 Tablespoons cold water or as needed

Place first 5 dressing ingredients in food processor; pulse until smooth and creamy. Season with salt and pepper. Stir in water until dressing consistency. Set aside.

Salad:

- 1 cup crumbled ***The Herbivorous Butcher*** Gluten Free Meatloaf*
- 2 ounces ***The Herbivorous Butcher Cheese-Free*** Pepperjack Cheese*
- 1/2 cup chopped red onion, soaked in water; drained
- 1/2 cup chopped sweet green peppers
- 2/3 cup grape or cherry tomatoes, halved
- 1/2 cup frozen corn kernels, cooked
- 1 cup baby spinach leaves, stems removed
- 2 cilantro leaf sprigs
- Garlic/cheese croutons as desired

Wash and dry two 1 pint Mason jars with covers. Evenly spoon half of the dressing into the bottom of each jar. Layer half of all ingredients into the two jars: “meatloaf” crumbles, cheese, well drained red onion, green peppers, tomato halves, corn, spinach leaves, cilantro sprigs. Close the jars. Chill in refrigerator to chill and serve.

For each jar: Place garlic/cheese croutons as desired in small plastic bag; seal; attach to jar with rubber band. Serves: 2 lunch or dinner salads

To serve: Remove the bag of croutons and open the jar. Remove the cilantro sprig; turn the jar upside down into a plate or bowl. The spinach will be on the bottom and dressing on the top. Garnish with the cilantro sprig and sprinkle the croutons over the salad.

*This recipe was prepared using ***The Herbivorous Butcher*** Gluten Free Meatloaf and ***The Herbivorous Butcher Cheese-Free*** Pepperjack Cheese; substitute if product is unavailable.

Cook’s Note: Guess what? This closed jar salad stayed fresh in our refrigerator for four days. Couldn’t believe it!

In place of the avocado dressing, you can use about 3 Tablespoons of your favorite dressing for each jar. I always soak my red onion in lightly salted water to remove the bitter taste; drain; and then rinse again. I like to keep the croutons separate so they stay extra crispy. Remember to be creative and use your own yummy salad ingredients.

About the Recipe: Let’s picnic in the park! Have a play day outdoors! Enjoy a special lunch at work! Preparing a salad in a jar can be fun and even use up that leftover meatloaf or veggies. To serve, just turn the jar upside down for a salad that layers itself in just the right order. This one combines an avocado dressing with vegan meatloaf, cheese-free cheese, and lots of colorful veggies. Love to add some crispy croutons too!