

# MASON JAR SALADS – NICOISE

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## Ingredients:

2 tbsp Brianna's® Lively Lemon  
Tarragon Dressing  
¼ cup cherry tomatoes  
2 cups baby spinach  
¼ cup nicoise olives, pitted  
¼ cup blanched green beans  
1 hard boiled egg, sliced  
¼ cup cooked baby red potatoes, quartered  
4 oz. ahi tuna

## Per Serving:

**Calories:** 600  
**Fat:** 36g  
**Omega-3:** 1412mg  
**Cholesterol:** 600mg  
**Sodium:** 2150mg  
**Carbohydrates:** 30g  
**Fiber:** 7g  
**Sugar:** 13g  
**Protein:** 50g  
**Vitamin A:** 184%  
**Vitamin C:** 55%  
**Calcium:** 21%  
**Iron:** 30%  
**Magnesium:** 36%  
**Zinc:** 18%

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## Preparation:

For each salad listed below, layer all the ingredients in the Mason jar, starting with the salad dressing. Keep in the refrigerator until ready to eat. Turn the Mason jar upside down for 1 minute before eating so the dressing covers the salad toppings. Empty the toppings into a bowl of your favorite salad greens and enjoy.

