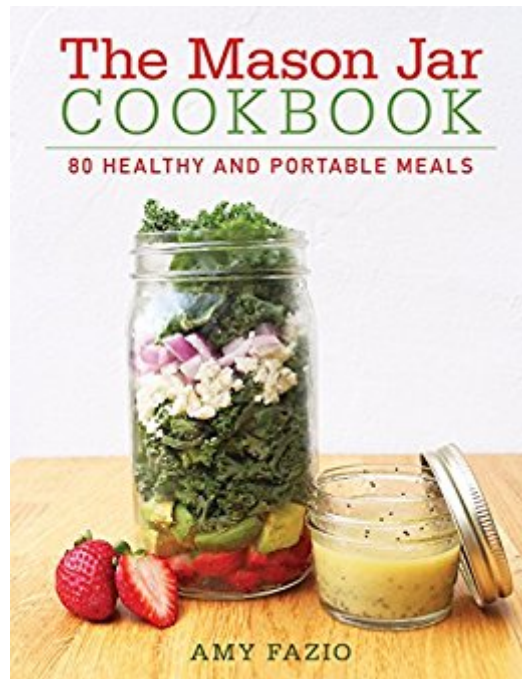




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# The Mason Jar Cookbook: 80 Healthy And Portable Meals



## Synopsis

Amy Fazio's second book, *The Mason Jar Cookbook*, shows the versatility and convenience of creating dishes in the mason jar. No longer just for jellies and jam, mason jars are now being filled in the most creative and often super healthy ways, such as salads and casseroles. The easy-to-follow recipes in this book will show you how to prepare breakfast, lunch and dinner in a mason jar. Oh, and dessert! Can't forget dessert. Some of the recipes included in the book are: Pumpkin Pie Overnight Oats; Creamy Polenta with Bacon and Eggs; Spicy Watermelon and Cotija Salad; Roasted Butternut Squash and Kale Salad with Pepitas; Mexican Caesar Salad with greek yogurt dressing; Lazy Lasagna; Campers Sangria; Pie in a Jar. The *Mason Jar Cookbook* will feature, in beautiful full-color photos, over 100 ways to create, carry, and consume food in the mason jar. Many of the recipes will include tips on serving and storage. Several will also include notes on substituting ingredients to include seasonal fruits and vegetables. Beautiful, convenient, easy, versatile and just plain cool. Just some of the many reasons why everyone should have mason jars in their life. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

## Book Information

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## Customer Reviews

It was not a bad book, yet there were a lot of ingredients that I don't like. So, it was ok.

I had no idea that the humbler mason jar (which I've used for many decades for everything from storage to tea to canning to casual flower arrangements had become the "new" must have cooking accessory, or that so many cook books would appear. Curious about the "genre" I purchased this cook book as a gift for a friend who is always in a hurry to get to work and who I thought could use it to speed his lunch prep. While it is useful for dressing recipes, and for tips and tricks as well as how to advice, as well as information on types of jars, the recipes leave much to be desired since any reasonably imaginative cook could dream up the combinations. What is important is to layer in (tightly) the various salad ingredients in reverse order from the usual order in a bowl. Thus, when you empty it out into a bowl, the ingredients that you normally put on the top come out on the top. Ms. Fazio even suggest putting the dressing at the bottom of the jar and then layering in on top. In the interests of food preservation and also keeping your salad fresh, keep it in a separate container, or use one of the jars (now on the market) which carry a small jar in the top which gets sealed separately. Where Ms. Fazio and I really part company is in her comment about "I buy a lot of my food premade, such as precut veggies." Honestly? Gee, you can buy prepackaged salads too, but the point of doing the Mason jar thing is to have fresh food, and you can buy a various fruits and veg and prep them in advance, then package them up yourself for the refrigerator. This allows you to use organic produce, to make sure that everything is washed, and buying a head of cauliflower will certainly be cheaper than a pre-chopped up plastic wrapped package. The only compromise that seems appropriate would be for those with arthritic hands who may wish to purchase cut up winter squash or other produce that may be hard to peel. There are lots of good suggestions for how to make oatmeal and/or porridge for breakfast, as well as smoothies. Presumably other types of

grains, such as bulghur wheat, or couscous could be treated similarly.

I've been really surprised by how high-calorie these recipes are. I've only found one so far that wasn't basically flavorless. Pretty disappointing.

I have started in the Salads section of this book and am LOVING it! If you are struggling, as I was, to get more fruits and veggies into your diet this makes it so simple. The recipes are varied and mostly pretty simple. I love being able to just grab one out of the fridge for a satisfying ready-made lunch or dinner. There's a lot more in this book besides salads so there's something for everybody.

LOVE, LOVE, LOVE this cookbook. This was such a unique cookbook. There was not one recipe I wouldn't try and I can't wait to get going with it. Recipes ranged from simple salads to desserts/snacks and all sizes of mason jars. Just a really unique cookbook. I love when I can get these on sale and I was able to grab the kindle version for a fraction of the cost!

A lot of these recipes call for ingredients that I do not have in my pantry. The recipes that have ingredients that I am familiar with are great.

Great for healthier salads for everyday of the week and to take along to work. Allows me the ease to separately make my hubby's salads with meats, and mine with plant based protein ideas!

There are a lot of great ideas for on the go breakfast and lunch. Easy to follow, simple recipes, with ingredients you probably have.

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