

# Mason Jar Cobb Salad with Ranch Dressing

Recipe By *Chanie Apfelbaum*



Cooking and Prep:  05  
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Serves:  2

Contains: 

**Preference:** Meat

**Difficulty:** Easy

**Diet:** Low Carb

**Source:** Family Table by

Mishpacha Magazine

Who doesn't love a lunch recipe that can be prepared in advance and is healthy and filling to boot? Placing the dressing on the bottom of the jar is a great tip for keeping the salad crunchy until you're ready to eat.

## Ingredients (17)

### Main ingredients

- handful of cherry tomatoes, halved
- 1 Persian cucumber, sliced
- 1 hard-boiled egg, sliced
- 1/2 an avocado, diced
- 1/4 a small red onion, thinly sliced into half rings
- 1/2 cup diced smoked turkey drumstick

3 slices pastrami, roughly chopped

1 cup romaine lettuce, chopped

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## Ranch Dressing

1/4 cup Gefen Mayonnaise

1/4 cup parve sour cream

1 clove garlic, minced or 1 cube Gefen Frozen Garlic

1 tablespoon chopped parsley or 3 cubes Dorot Gardens Frozen Parsley or 1 teaspoon dried

2 teaspoons Kedem Red Wine Vinegar

1 teaspoon lemon juice

1 teaspoon Haddar Dijon Mustard

1/2 teaspoon onion powder

salt and pepper, to taste

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## Start Cooking

### Prepare the Salad

1. Place all the dressing ingredients in a bowl and whisk until creamy and well blended. (Use just three tablespoons dressing for your salad; reserve the leftover dressing for another use.)
2. In a wide-mouthed quart-sized mason jar, layer the salad. Place three tablespoons dressing at the bottom and top with tomatoes, cucumber, egg, avocado, onion, turkey, pastrami, and romaine. When ready to serve, shake the jar to distribute the dressing.