



# The Mason Jar Cookbook: 80 Healthy and Portable Meals

*Amy Fazio*

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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.

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