



SALAD IN JAR



SALAD IN A JAR

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Why make salads in a jar?

- Easy to prepare
- Convenient - portable
- Customizable - endless variety - be creative
- Tastes good - fresh
- Saves time - you are preparing several meals at once
- Easy way to get more veggies into the diet
- Helps eliminate waste of produce going bad
- Helps control portion sizes
- Glass is safe - non-toxic and won't absorb germs
- You get a good air-tight seal with the Mason jars

TIPS for making salads in a jar:

- Use wide mouth jars - pint or quart - easier to pack
- Chop ingredients into small pieces and pack well
- Be sure jars and ingredients are fairly dry
- Fill bottom half of jar with veggies, pasta, beans, etc.
- Fill top half of jar with salad greens
- Dump into a bowl or onto a plate for easier eating
- Usually lasts in refrigerator 3-7 days

Basic packing process:

- Salad dressing 1-4 T. (Usually 1-2 T for a pint jar and 3-4 T for a quart jar)
Vinaigrettes seem to work best. Experiment.
- Some people like to use ingredients next that taste good marinated
- Hard veggies - carrots, celery, cucumbers, peppers, onions, maybe tomatoes
- Beans, grains, pasta
- Proteins (meats) and cheeses
- Soft veggies or fruit - tomatoes, strawberries
- Salad greens
- Nuts, seeds, quinoa, couscous, crotons
- Most important thing is to keep the dressing away from the greens.
- Pack tightly to keep out air and to keep food fresh

Some ingredients like eggs and avocado are tricky.

After hard-boiling, eggs may last about a week with shell on in the refrigerator.

Consider adding egg to the salad when ready to eat or in jars you plan to eat within a day or two.

Coat cut avocado well with lemon or lime juice. Should last 1-2 days.

Strawberry-Lime Vinaigrette - makes about 4 T.

2 T. extra virgin olive oil
2 tsp. strawberry preserves
1 T. fresh lime juice
1 tsp. mustard
1T. white wine vinegar
Salt and pepper to taste

Combine all ingredients and shake well in tightly covered jar or whisk well.

Taco Salad Dressing - makes enough for 2 pint size salads

$\frac{1}{4}$ C. plain Greek yogurt (or mayo or sour cream if you prefer)
 $\frac{1}{4}$ C. taco sauce or salsa (may need to thin it if using salsa)
Mix well.

Red Wine Vinaigrette - makes enough for 2 salads

2 T. red wine vinegar
 $\frac{1}{2}$ T. minced shallot
3 T. extra virgin olive oil
Salt and pepper to taste

Combine all ingredients and shake well in a tightly covered jar or whisk well.

Balsamic Vinaigrette Dressing - makes enough for 2 salads

$\frac{1}{3}$ C. extra virgin olive oil
2-3 T. Balsamic vinegar
 $\frac{1}{2}$ tsp. minced garlic or garlic powder
 $\frac{1}{2}$ tsp. Dijon Mustard
Squeeze of lemon juice
Salt and pepper to taste

(add a little honey if it's too tart)

Combine all ingredients and shake well in a tightly covered jar or whisk well.

Greek Yogurt Poppy Seed Dressing - makes enough for 2 salads

$\frac{1}{4}$ C. plain Greek yogurt
1 T. apple cider vinegar
1 $\frac{1}{2}$ T. honey
 $\frac{1}{2}$ T. minced shallots
 $\frac{1}{4}$ tsp. poppy seeds
Salt and pepper to taste

Combine all ingredients and shake well in a tightly covered jar or whisk well.

Italian Dressing - enough for 2 salads

$\frac{3}{4}$ tsp. garlic powder
1 $\frac{1}{2}$ tsp. dried Italian seasoning
 $\frac{1}{2}$ tsp. dried basil
1 $\frac{1}{2}$ tsp. sugar
Opt. - 1 $\frac{1}{2}$ T. grated Parmesan cheese

1 $\frac{1}{2}$ tsp. onion powder
1 T. dried oregano
1 $\frac{1}{2}$ tsp. dried parsley
Salt and pepper to taste

Combine all dry ingredients. Mix well. (Store remainder in a jar.)

Use 1 T. mix. Combine with 1 T. water, 2 T. red wine vinegar, and $\frac{1}{4}$ C. extra virgin olive oil.

Combine all ingredients and shake well in a tightly covered jar or whisk well.

Chopped Black Bean and Corn Mason Jar Salad

Put some Taco Salad Dressing into the jar

Cherry tomatoes (halved)

Red onion (chopped)

Black beans (drained and rinsed)

Corn (fresh, canned, or thawed frozen)

Avocado (peeled and chopped and covered with lime or lemon juice)

Pepper Jack cheese (cubed)

Romaine lettuce (chopped)

Cilantro (optional)

Layer ingredients in order. Seal jar until ready to eat. Pour into a bowl, mix well, and enjoy.

Spinach and Bacon Mason Jar Salad

Put some dressing into the jar (suggestion: poppy seed)

Red onion (chopped)

Hard-boiled egg (chopped or sliced)

Mushrooms (sliced)

Cooked bacon (chopped)

Spinach

Layer ingredients in order. Seal jar until ready to eat. Pour into a bowl, mix well, and enjoy.

Red White and Blue Mason Jar Salad

Put some poppy seed dressing into the jar

Strawberries (sliced)

Blueberries

Feta cheese

Spring mix lettuce

Layer ingredients in order. Seal jar until ready to eat. Pour into a bowl, mix well, and enjoy.

Mason Jar Pasta Salad

Put Italian Dressing into the jar
Onions (chopped)
Green pepper (chopped)
Red pepper (chopped)
Black olives (sliced)
Pepperoni
Cooked pasta (well drained)

Mediterranean Salad in a Jar

Put Balsamic Dressing into the jar
Artichokes (chopped)
Black olives (sliced)
Tomatoes (chopped)
White cannellini beans
Cucumbers (chopped)
Parmesan cheese
Mixed greens

Strawberry Spinach Salad in a Jar

Put Strawberry Lime Vinaigrette into the jar
Cooked quinoa (optional)
Strawberries (sliced)
Green onions (sliced)
Sunflower seeds
Crumbled Feta cheese
Baby spinach

These recipes were found on Pinterest. You can find MANY more to your liking.