

Scrumptious Salads in a Jar

How to Make A Salad In A Jar

1. Dressing. The first layer when building your salad in a jar is always the dressing. I like to use between 2-4 tablespoons of dressing per jar.

2. Super Crunchy Toppings. The next layer are hard chopped vegetables or beans. (Example: black beans, kidney beans, chickpeas, carrots, cucumbers, celery, beets, fennel etc.)

3. Soft Toppings. The next layer is the lighter ingredients like fruits and soft veggies. (Example: tomatoes, strawberries, corn, peas, bell peppers, mandarins, mushrooms etc.)

4. Other Toppings. This layer is for grains, nuts, seed, dried fruit and fresh herb. (Examples: quinoa, mullet, couscous, walnuts, pumpkin seeds, sliced almonds, cranberries, fresh basil, mint etc.)

5. Greens. The last layer is of course the greens. (Examples: romaine, kale, spring mix, arugula, spinach, chard etc.)

Answers to your questions:

?: How long do they last in the refrigerator?

They can last from three to five days in the refrigerator. Be sure to add those soft or perishable ingredients such as avocado, proteins, eggs to the jar the day you will be eating them. Personally I find that they get eaten before the end of the week as my husband has taken a liking to them and takes them to work.

?: Do the greens in the salad jar get soggy?

No soggy lettuce here. Be sure to layer accordingly and keep the lettuce at the very top. I do find that romaine lettuce stays the crunchiest if you are doing jars for every day of the week.

?: What's the best jar to use?

Always use a wide mouth mason jar. I prefer the quart size ones because it makes the perfect portion salad for most people and you can use whatever size you'd like. Be sure to use the plastic lids and not the metal ones as they can rust and will transfer to the food if you're not careful.

?: How does everything get mixed together?

Just shake up the jar and eat right out of it. If you prefer, you can shake it up and then dump it all into a bowl and toss with a fork.

Single Serving Recipes

1. Crunchy Asian Salad

- Dressing: 1 tablespoon organic peanut butter + 1 tablespoon organic tamari sauce + 1/2 teaspoon Sriracha hot sauce
- Salad:
 - Shredded cabbage
 - Diced red bell pepper
 - Chopped broccoli florets
 - Shredded carrots
 - Shelled organic edamame
 - Chopped organic peanuts
 - Sliced green onions
 - Romaine lettuce

2. Mexican Black Bean Salad

- Dressing: 2 tablespoons salsa + 1/2 teaspoon chili powder + 1/4 teaspoon cumin
- Salad:
 - Diced green bell pepper
 - Corn kernels
 - Chopped tomatoes
 - Quinoa
 - Black Beans
 - Chopped avocado
 - Spinach

3. Fruity Baby Kale Salad

- Dressing: 1 tablespoon lime juice + 2 teaspoons maple syrup + 1/4 teaspoon salt
- Salad:
 - Chopped broccoli florets
 - Chopped cucumbers
 - Blueberries
 - Shelled edamame
 - Chopped pecans
 - Baby Kale (baby kale is the best as you don't have to massage it)

4. Greek Chickpea Salad

- Dressing: 1 tablespoon hummus + 1 tablespoons balsamic vinegar
- Salad:
 - Chopped cucumbers
 - Diced red onion
 - Chopped tomatoes
 - Chickpeas
 - Chopped olives
 - Parsley
 - Spinach

5. Protein-Packed Quinoa Salad

- Dressing: 1 tablespoon balsamic vinegar + 2 teaspoons tahini
- Salad:
 - Chopped broccoli florets
 - Corn kernels
 - Green peas
 - Quinoa
 - Chickpeas
 - Pumpkin seeds
 - Spinach

Host a Salad in A Jar Party!

Hosting your own party is super easy and is a fun way to create healthy lunches for your family. Also, it is a great way to socialize with your favorite peeps and spread health and wellness.

Tips for a Smooth Sailing Salad Party

1. Find out who wants to participate and take a head count. Make sure they are fully committed as well or you might be out some key ingredients. Then figure out how many jars everyone wants to make then multiply the ingredients accordingly. The basic formula is two cups of greens and two cups of toppings per jar plus 1/4 cup of dressing.
2. Then have each guest commit to bringing one or two specific ingredients all washed and prepped. You can have them bring their own mason jars as well. Be sure to send everyone a reminder the day before as well.
3. Set up a big table with the ingredients in an assembly line starting with the dressing, then the crunchy toppings, then the soft toppings and finally the greens. Clean up should be a breeze as people take their bowls home.

Recipes for Your Party

The following portions are for 10 1-quart mason jar salads – so if you have 5 party attendees, each one would take home two jars of each salad. Plan for 2 cups of greens and 2 cups of toppings per jar.

Mediterranean Salad

- 1 ¼ cups vinaigrette (optional – it's quick to make, and some people prefer to add the vinaigrette right before eating the salad) – 2 tbsp per jar
- 5 cups chickpeas – ½ cup per jar
- 5 cups diced tomatoes – ½ cup per jar
- 5 cups diced cucumbers – ½ cup per jar
- 1 ¼ cups olives – 1/8 cup per jar
- 1 ¼ cups chopped red onion – 1/8 cup per jar
- 20 cups romaine lettuce or other salad greens – 2 cups per jar
- 2 ½ cups feta cheese – ¼ cup per jar

To make the vinaigrette (2 tbsp per jar), whisk together:

- 15 tbsp olive oil (basically it's 3 parts olive oil to one part vinegar)
- 5 tbsp balsamic vinegar
- Salt and pepper to taste

Add the vinaigrette, then the chickpeas; then add the tomatoes, cucumbers, olives, red onion, greens, and finally, feta cheese on top. Each guest will go home with four hearty jar salads, ready for delicious and healthy lunches throughout the week!

Vegetarian Southwest Salad

- 2 $\frac{3}{4}$ cups Yogurt Fiesta Dressing - $\frac{1}{4}$ cup per jar
- 5 cups black beans – $\frac{1}{2}$ cup per jar
- 5 cups diced tomatoes – $\frac{1}{2}$ cup per jar
- 5 cups corn – $\frac{1}{2}$ cup per jar
- 10 diced green onions – 1 per jar
- 20 cups chopped romaine lettuce – 2 cups per jar
- 2 $\frac{1}{2}$ cups shredded cheddar cheese – $\frac{1}{4}$ cup per jar

To make the dressing, whisk together:

- 1 $\frac{1}{2}$ cups Greek yogurt
- 1 $\frac{1}{2}$ tbsp taco seasoning. See recipe below. Most commercial brands have msg. don't use them!
- 6 tbsp milk
- $\frac{3}{4}$ cup salsa

Taco seasoning:

- 2 Tbsp. chili powder.
- 2 tsp. ground cumin.
- 1 $\frac{1}{2}$ tsp. garlic powder.
- $\frac{1}{2}$ tsp. onion powder.
- 1 tsp. dried oregano.
- $\frac{1}{4}$ tsp. paprika.
- 1 tsp. sea salt.
- $\frac{1}{4}$ - $\frac{1}{2}$ tsp. cayenne pepper (optional)



Start by adding the dressing to the jars, then follow on with the black beans to act as a barrier between the dressing and the rest of the jar. Then add the diced tomatoes, corn, green onion, and romaine lettuce. Finish the jar with a sprinkling of shredded cheese on top.