

Salad in a Jar

Making an easy, on-the-go meal has never been simpler. Tap into your creative side and make your own salad in a jar recipe. Invite kids to help prepare them! Add the salad dressing of your choice and layers of tasty ingredients and shake together when ready to eat!

Basic Recipe Outline for Salad in a Jar Recipe with Ingredient Ideas

Asian Salad in a Jar with Sesame Ginger Dressing

Bar-b-que Chicken Salad in a Jar with BBQ Ranch Dressing

Classic Caprese Salad in a Jar with Balsamic Vinaigrette Dressing

Southwest Salad in a Jar with Creamy Avocado Dressing

Basic Salad Dressing Recipe

Homemade Ranch Dressing

Homemade Italian Dressing

Tangy Yogurt Salad Dressing

Raspberry Salad Dressing

Fresh Herb Vinaigrette

Honey Poppyseed Dressing

Superfood: Leafy Green Vegetables

7 Base Ingredients for Salad in a Jar

1. 1-2 Tablespoons of Your Dressing of Choice

- a. Salad dressing add flavor to your salad and help with nutrient absorption, so don't be afraid to expand your horizons and try something new!
- b. TIP: pre-made salad dressings tend to contain excess sodium. Try making your own salad dressing to avoid the excess sodium while adding your own personal flavor to make it your own.

2. Choose ½ cup of one or a variety of vegetables. (Any vegetable choice is ok – this outline is just to provide ideas!)

- a. Beets – diced/canned/cooked and rinsed
- b. Sliced Bell Peppers
- c. Chopped Fresh Broccoli
- d. Chopped Fresh Carrots
- e. Fresh Cauliflower Florets
- f. Diced Fresh Celery
- g. Canned/Frozen Corn, drained/thawed and rinsed
- h. Edamame, prepared from frozen
- i. Fresh Cut Green Beans
- j. Sliced Fresh/Canned Mushrooms, drained/rinsed/pat dry
- k. Cubed steamed/baked Potatoes
- l. Sliced Fresh Radish
- m. Cubed steamed/baked Sweet Potatoes
- n. Diced fresh/canned Tomatoes
- o. Chopped steamed/baked Zucchini

*TIP – add flavor by roasting your vegetables in a 400-degree oven with olive oil and your choice of seasonings before adding them to your salad.

3. Choose ½ cup of one or more fruits. They add fiber and a bit of sweetness to your salad.

- a. Chopped Fresh Apple
- b. Fresh Blueberries
- c. Fresh or Canned Sectional Grapefruit, drained
- d. Fresh Grapes
- e. Fresh Mango Pieces
- f. Fresh Orange or Tangerine Slices
- g. Fresh or Canned/drained Pineapple Chunks

4. **Choose ½ cup Cooked/cooled Grain** (if desired). Your choice of grain can add more flavor and nutrition to your salad.
 - a. Cooked Pearled Barley
 - b. Cooked Brown Rice
 - c. Cooked Couscous
 - d. Cooked Whole-Wheat Pasta
 - e. Cooked Quinoa

TIP: Add quinoa to your salad creation to increase fiber and protein content for an extra-satisfying salad.

5. **Choose ½ cup of one or more protein.**
 - a. Beans or Legumes (canned or cooked; drained and rinsed) – black beans, kidney beans, pinto beans or chickpeas
 - b. Boiled lentils
 - c. Chopped baked/grilled chicken, pork, beef or turkey
 - d. Fish – baked or grilled cod, salmon, tilapia or any locally caught fish; canned/drained tuna, medium sized cooked shrimp
 - e. Chopped Hard-cooked Whole Egg
6. **Choose 1 cup of one or more of Leafy Green Vegetables.**
 - a. Chopped Fresh Arugula
 - b. Chopped Fresh Cabbage
 - c. Chopped Fresh Kale
 - d. Shredded Fresh Romaine Lettuce
 - e. Chopped Fresh Spinach
 - f. Fresh Spring Mix
7. **Choose 1 Tablespoon of topping for your salad.** Toppings enhance flavor, interest and nutrition in your salad creation.
 - a. Crumbled Blue Cheese or Feta Cheese
 - b. Plain Croutons
 - c. Dried Cranberries or Raisins
 - d. Nuts – Sliced Almonds, Chopped Pecans, Chopped Walnuts
 - e. Roasted unsalted Pumpkin Seeds or Sunflower Seeds
 - f. Shredded Cheese

Asian Salad in a Jar

Ingredients

- 2 Tbsp Sesame Ginger Salad Dressing (see recipe below)
- ½ cup Vegetables (Edamame, Shredded Carrots, Chopped Bell Pepper)
- ½ cup Stir Fry or Soba Noodles – cooked/cooled (optional)
- 2 Hard Cooked Eggs, chopped
- 1 cup Cabbage
- 1 Tbsp Sesame Seeds, unsalted or any desired Seeds

Instructions

1. Rinse and chop all ingredients as needed. May want to let vegetables dry a bit as water speeds spoilage/wilting of vegetables.
2. Lay ingredients in order of listing in a quart-size jar.
3. Store salad in refrigerator - use within 3 days.

Sesame Ginger Salad Dressing

Ingredients

- 2 Tbsp Low Sodium Soy Sauce
- ½ cup Olive Oil
- 3 Tbsp Rice Wine Vinegar (may use White Vinegar or Apple Cider Vinegar)
- 1 Tbsp Sesame Oil
- 1 Tbsp Lime Juice
- 1 tsp Minced Garlic
- 3 Tbsp Honey
- 1 Tbsp Fresh Ginger or ¼ tsp Ground Ginger
- 1 tsp Siracha (optional – adds spice)
- 2 Tbsp Water

Instructions

1. Combine all ingredients in jar and shake well or whisk to combine. Store in refrigerator for up to a week.

Bar-b-que Chicken Salad in a Jar

Ingredients

- 2 Tbsp BBQ Ranch Dressing (see recipe below)
- ½ cup Vegetables (Parsley-roasted potatoes, shredded carrots)
- ½ cup Pineapple, fresh or canned/drained
- ½ cup Grilled or Roasted Chicken, chopped/cooled
- 1 cup Romain Lettuce

Instructions

1. Rinse and chop all ingredients as needed. May want to let vegetables dry a bit as water speeds spoilage/wilting of vegetables.
2. Lay ingredients in order of listing in a quart-size jar.
3. Store salad in refrigerator - use within 3 days.

BBQ Ranch Dressing

Ingredients

- 1/3 cup Mayonnaise
- ¼ cup Buttermilk
- ¼ cup Sour Cream
- ¼ tsp Garlic Powder
- ½ tsp Dried Dill or ½ Tbsp Fresh Dill
- ½ tsp Dried Parsley or ½ Tbsp Fresh Parsley
- ¼ tsp Onion Powder
- Salt and Pepper, to taste
- 1 cup BBQ Sauce

Instructions

1. In a medium bowl, whisk together all ingredients. Chill until needed.
2. Store in a jar or bowl with a lid in the fridge for up to a week.

Recipe Suggestions: May use Plain Greek Yogurt in place of Mayonnaise or Sour Cream in recipe. Simplify – may combine equal parts of already prepared Ranch Dressing and BBQ sauce to make BBQ Ranch dressing.

Classic Caprese Salad

Ingredients

- 2 Tbsp Balsamic Vinaigrette (see Recipe Below)
- ½ cup Vegetables (Cherry Tomatoes, chopped)
- ½ cup Whole Wheat Penne Pasta, cooked/cooled
- ½ cup Mozzarella Cheese, fresh – shredded or sliced
- 1 cup Spinach
- 1 Tbsp Canned Olive, rinsed/drained

Instructions

1. Rinse and chop all ingredients as needed. May want to let vegetables dry a bit as water speeds spoilage/wilting of vegetables.
2. Lay ingredients in order of listing in a quart-size jar.
3. Store salad in refrigerator - use within 3 days.

Balsamic Vinaigrette

Ingredients

- ½ cup Olive Oil
- ¼ cup Balsamic Vinegar
- 1 tsp Honey
- 1 tsp Dijon Mustard
- 1 Shallot or 2 Tbsp Onion, chopped
- 1 tsp Garlic, minced
- Salt and Pepper, to taste

Instructions

1. Combine the olive oil, balsamic vinegar, honey, Dijon mustard, shallot, garlic, salt, and black pepper together in a glass jar with a lid. Replace lid on the jar and shake vigorously until thoroughly combined.
2. Store in refrigerator for up to one week.

Southwest Salad

Ingredients

- 2 Tbsp Creamy Avocado Dressing
- ½ cup Vegetables (Roasted Zucchini, corn, cubed roasted sweet potato)
- ½ cup Brown Rice, cooked and cooled
- ½ cup Black Beans (cooked/canned – drained and rinsed)
- 1 cup Spring Mix
- 1 Tbsp Cheddar Cheese, shredded

Instructions

1. Rinse and chop all ingredients as needed. May want to let vegetables dry a bit as water speeds spoilage/wilting of vegetables.
2. Lay ingredients in order of listing in a quart-size jar.
3. Store salad in refrigerator - use within 3 days.

Creamy Avocado Dressing

Ingredients

- 1 Avocado, pitted/peeled
- ½ cup Olive Oil
- Juice of 1 Lime = 2 Tbsp Lime Juice
- 3 Tbsp Orange Juice
- 2 Chives
- 1 Tbsp Fresh Cilantro, chopped
- Salt and Pepper, to taste

Instructions

1. Combine all ingredients in a blender and blend until combined well.
2. Store in air-tight container in refrigerator for up to one week.

Basic Salad Dressing

Ingredients

1 c. Oil (Canola, Sunflower, Olive Oil, etc.)

1/3 c. acid (Red Wine Vinegar, Balsamic Vinegar, etc.)

1 tsp. Garlic Powder

1 tsp. Onion Powder

1 tsp. Salt

1/2 tsp. ground Black Pepper

Optional ingredients (sugar; mustard; chopped peaches; minced onions; chopped red, green or orange peppers)

Instructions

1. Whisk together all ingredients or place in a covered glass jar and shake.
2. Serve over mixed greens and chopped vegetables.
3. Store unused salad dressing in the refrigerator for up to one week.

Yield: 21 – 1 Tbsp servings

Honey Poppyseed Dressing

Ingredients

2 Tbsp. Honey

2 Tbsp. White Vinegar

1 Tbsp. Yellow Mustard

2 Tbsp. finely diced Onions

2 tsp. Poppy Seeds

¼ tsp. Salt

⅓ c. Canola Oil

Instructions

1. In a jar or contained with cover – add all ingredients and shake well until combined.
2. Store in refrigerator for up to one week.

Homemade Italian Dressing

Ingredients

- 1 tablespoon Dried Parsley
- 1/4 teaspoon Ground Oregano
- 1/2 teaspoon Ground Thyme
- 1/4 teaspoon Ground Marjoram
- 1/2 teaspoon Ground Celery Seeds
- 1/4 teaspoon Garlic Powder
- 1 teaspoon Granulated Sugar
- 1/8 teaspoon Salt
- 1 pinch Black Pepper
- 1/2 cup Red Wine Vinegar
- 1/2 cup Olive Oil

Instructions

1. Mix seasonings together.
2. Add to vinegar and oil.
3. Shake well to mix.

Yield: 16 – 2 Tbsp servings

Recipe Tips: Spice up your recipe and look for different flavored oils or you may add a bit of hot sauce or red pepper flakes. You may also switch out the Red Wine Vinegar or a Flavored Balsamic Vinegar.

Homemade Ranch Dressing

Ingredients

- 3/4 cup Low Fat Mayonnaise
- 1/2 cup Low Fat Sour Cream
- 1/2 teaspoon Dried Chives
- 1/2 teaspoon Dried Parsley
- 1/2 teaspoon Dried Dill Weed
- 1/4 teaspoon Garlic Powder
- 1/4 teaspoon Onion Powder
- 1/8 teaspoon Ground Black Pepper

Instructions

1. Place all the ingredients in a jar with a lid. Shake well until ingredients are blended.
2. Refrigerate for 30 minutes before serving.
3. Store in fridge for up to one week

Yield: 8 – 2 Tbsp servings

Recipe Suggestion: May substitute Plain Greek Yogurt for some of the mayonnaise or sour cream.

Tangy Yogurt Salad Dressing

Ingredients

- 1 c. Fat-Free Plain Yogurt or Plain Greek Yogurt
- 1 Tbsp. White Vinegar
- 1 Tbsp. Cider Vinegar
- 1 tsp. Honey
- 1 Tbsp. Dried Minced Onion
- 1½ tsp. Dijon Mustard
- ¾ tsp. Dill Weed
- ¾ tsp. Italian Seasoning
- ¾ tsp. Mustard
- ¼ tsp. Seasoned Salt
- 1/8 tsp. Pepper

Instructions

1. In a small bowl, whisk the yogurt, vinegars and honey.
2. Stir in the remaining ingredients.
3. Cover and refrigerate for at least one hour before serving. For best results, refrigerate overnight.

Yield: 8 – 2 Tbsp servings

Raspberry Salad Dressing

Ingredients

- 1 c. Plain Low Fat Yogurt or Plain Greek Yogurt
- ½ c. Fresh Raspberries
- 1 Tbsp. Red Wine Vinegar
- 2 tsp. Table Sugar

Instructions

1. In a blender, combine the yogurt, raspberries, vinegar and sugar.
2. Blend until smooth and refrigerate until chilled.
3. Keep in refrigerator for up to one week.

Yield: 8 – 2 Tbsp servings

Fresh Herb Vinaigrette

Ingredients

- ⅓ c. Olive or Canola or Other Salad Oil
- ⅓ c. Vinegar (red wine vinegar, rice vinegar, white vinegar or balsamic vinegar)
- 1 to 2 tsp. Sugar
- 1 Tbsp. snipped fresh Oregano or Basil (or ½ tsp. dried oregano or basil)
- ¼ tsp. Dry Mustard or 1 tsp. Dijon-style Mustard
- 1 clove Garlic, minced or 1 tsp Minced Garlic
- ⅛ tsp. Black Pepper

Instructions

1. In a screw-top jar, combine oil, vinegar, sugar, herb mustard, garlic and pepper. Cover and shake well.
2. Serve immediately or cover and store in refrigerator for up to three days if using fresh herbs. If using dried herbs, store covered in refrigerator for up to one week. Shake before serving.

Super Food: Leafy Green Vegetables

People have been eating leafy greens since prehistoric times. But it wasn't until the first Africans arrived in North America in the early 1600s that America got its first real tastes of dark green leafy vegetables, which they grew for themselves and their families. So, over the years, cooked greens developed into a traditional African American food. Ultimately, they became essential in Southern regional diets and are now enjoyed nationwide.

Why? Dark green leafy vegetables are great sources of nutrition. Salad greens, kale and spinach are rich in vitamins A, C, E and K, and broccoli, bok choy and mustard are also rich in many of the B-vitamins. These vegetables also contain an abundance of carotenoids-antioxidants that protect cells and play roles in blocking the early stages of cancer. They also contain high levels of fiber, iron, magnesium, potassium and calcium. Furthermore, greens have very little carbohydrates, sodium and cholesterol.

The dark greens supply a significant amount of folate, a B vitamin that promotes heart health and helps prevent certain birth defects. Folate is also necessary for DNA duplication and repair which protects against the development of cancer. Several large studies have shown that high intakes of folate may lower the risk of colon polyps by 30 to 40 percent compared to low intakes of this vitamin. Other research suggests that diets low in folate may increase the risk of cancers of the breast, cervix and lung.

The vitamin K contents of dark green leafy vegetables provide a number of health benefits including: protecting bones from osteoporosis and helping to prevent against inflammatory diseases.

Because of their high content of antioxidants, green leafy vegetables may be one of the best cancer-preventing foods. Studies have shown that eating 2 to 3 servings of green leafy vegetables per week may lower the risk of stomach, breast and skin cancer. These same antioxidants have also been proven to decrease the risk of heart disease.

Perhaps one of the most appealing benefits of dark green leafy vegetables is their low calorie and carbohydrate contents and their low glycemic index. These features make them an ideal food to facilitate achieving and maintaining a healthy body weight. Adding more green vegetables to a balanced diet increases the intake of dietary fiber which, in turn, regulates the digestive system and aids in bowel health and weight management. These properties are particularly advantageous for those with type-2 diabetes.

How to get more leafy greens into your daily diet?!

Make a salad: Keep salads interesting by varying their colors, textures and varieties. Perk them up with small tender leafy greens such as romaine lettuce, spinach and arugula mixed with different kinds of tomatoes, cucumbers and carrots.

Wrap it up: Make a wrap with tuna, chicken or turkey and add romaine lettuce, spinach, arugula, and other veggies for some extra flavor.

Add to soup: Add greens with larger, tougher leaves such as collard greens, kale or mustard greens into your favorite soup.

Stir-fry: Add chopped spinach, bok choy or broccoli to chicken or tofu stir-fried with olive or canola oil with some garlic, onion or ginger.

Steamed: Steaming collard greens, mustard greens, kale or spinach until they are slightly soft.

In an omelet: Add steamed broccoli and/or spinach to an egg-white omelet for a vitamin and iron rich meal.