

Salad in a Jar

Preparing lunch doesn't have to be a hassle; make your own "Salad in a Jar" in minutes! You can layer your salad in endless combinations from a range of vegetables and grains instead of buying pre-made salads from supermarkets. In this way, you will never be tired of eating the same salad again, and you can ensure your salad is fresh! Also, your salad in a jar can last up to 5 days in the fridge, so you can prepare a few salads on the same day.



Lettuce, Nuts, & Seeds

Protein and Cheese

Pasta and Grains

Less Hearty Veggies
Hearty Veggies

Dressing

What to Put in Each Layer

Bottom layer: Dressing

2nd bottom: Hearty Vegetables – tomatoes, cucumbers, red onion, broccoli, cauliflower, asparagus, celery, carrots, and peppers

3rd layer: Beans or Less Hearty Vegetables – mushrooms, zucchini, sprouts, green beans, corn, etc.

4th layer: Pasta and Grain layer – For pasta and grains you can use any type of pasta, rice, couscous, and/or quinoa.

5th layer: Protein and Cheese – chicken, eggs, tuna. For cheese: blue cheese crumbles, feta cheese, goat cheese, shredded cheese, and cubed cheese

6th layer: Lettuce, Nuts, and Seeds – baby spinach, field greens, sunflower seeds, pumpkin seeds, almond silvers

Greek Salad

Serving Size: 1

Ingredients:

- 1 quart size wide mouth mason jar
- Homemade Greek dressing: 1/2 garlic clove, 1/4 cup of olive oil, 2 tablespoons of red wine vinegar, oregano, salt, and pepper
- handful of cherry tomatoes
- 1 mini cucumber, sliced
- 1/4 cup pitted greek olives, sliced or chopped
- 1/8 cup crumbled feta cheese
- 1/4 cup chopped or shredded rotisserie chicken
- 1 cup chopped romaine lettuce

Instructions

1. Divide and layer all ingredients into mason jars. Start with salad dressing, then tomatoes, cucumbers, olives, cheese, chicken, and end with lettuce. Put mason jar top on and store in refrigerator.
2. When ready to eat pour into a bowl and serve.

Notes: These can be made up to 5-6 days ahead of time

Nutrition Information: Calories: 449 Fat: 33g Carbohydrates: 14g Fiber: 4g Protein: 24g

(from organizeyourselfskinny.com)



Salad in a Jar

Make Ahead Layered Salad With Oil-Free Orange Ginger Dressing

Author: Angela Liddon | Vegan, no bake/raw, nut-free, oil-free | Inspired by Whole Foods

Serves: 4 | Prep Time: 45 Minutes | Cook time: 20 Minutes

Ingredients:

For the salad:

- 1 cup uncooked wheatberries (makes 2 & 1/4 cup cooked)
- 1 cup uncooked quinoa (makes 2.5 cups cooked)
- 1 cup edamame
- 1 cup diced carrots (about 2)
- 1 1/2 cups diced red pepper (1 large)
- 1 1/2 cups diced green pepper (1 large)
- 1/2 cup finely chopped fresh parsley
- Herbamare or kosher salt, to taste

For the dressing:

- 2/3 cup 100% pure orange juice (or use freshly squeezed)
- 1/3 cup 100% pure apple juice
- 1 tablespoon apple cider vinegar
- 1 tablespoon fresh minced ginger
- 1 tablespoon fresh lime juice
- kosher salt, to taste (I used 1/4 tsp)



Instructions

1. In a medium-sized pot, add quinoa and 1.5 cups water. Bring to a boil, reduce heat to low, cover, and simmer, until fluffy, about 15-20 minutes, watching closely so it doesn't burn. Do the same for the wheatberries, in another pot, but add 2 cups of water and cook until tender and chewy, likely cooking for about 5 mins longer than the quinoa.
2. Meanwhile, chop the vegetables. In a bowl or jar, whisk together the dressing ingredients and set aside.
3. When the grains have cooked, grab your 500-ml mason jars (if layering), and add into each: 1/2 cup wheatberries, 1/4 cup green pepper, 1/4 cup red pepper, 1/2 cup quinoa, 1/4 cup carrots, 2 tbsp parsley, and 1/4 cup edamame per mason jar. You may have to push it down a bit. Repeat as necessary. Makes enough for 4 mason jars, with a bit leftover. Alternatively, you can just mix the salad together into a big bowl along with the dressing. Will keep in the fridge for 5-6 days.

Dressing makes four 1/4 cup servings
(from ohsheglows.com)