

Hi Beth – Here are my first 5 recipes. I am working on breakfast in a jar recipes but that will follow after some more testing. Also, with the recipes below, I make the dressings homemade. If you want those, I can type them up too. Just let me know. -kc



Kathy's Mason Jar Salad Recipes

1) Lean Green Veggie Machine

Mixed Greens
Alfalfa or Broccoli Sprouts
Cucumber
Sunflower Seeds
Pumpkin Seeds
Celery
Tempeh
Green Goddess dressing -homemade

2) Southwestern Black Bean

Romaine Lettuce
Cherry Tomatoes
Black Beans
Green Onion
Bell Peppers
Corn
Cucumber
Salsa - homemade

3) The Waldorf

Romaine Lettuce
Apples
Walnuts
Chopped Cooked Chicken Breast
Red Onion
Celery
Creamy herb dressing – homemade

4) Caprese Tuna

Romaine Lettuce
Cherry Tomatoes
Roasted Red Peppers
Tuna
Boccocini or Mozzarella Cheese
Cucumber
Balsamic Vinaigrette - homemade

5) Asian Inspired Quinoa

Shredded Green and Purple Cabbage
Cucumber
Shredded Carrot
Fresh Cilantro
Edamame
Quinoa
Peanuts
Sesame seeds
Sweet Ginger Dressing – homemade

Assembly:

- Remember that greens are light and your other ingredients are likely heavy, so **keep the greens at the top** of the jar. This way, they won't become soggy. I've listed the ingredients lightest to heaviest. So assembly starts at the bottom of the list, just like the jar
- If you're using tofu or tempeh cubes, **place these ingredients near the dressing** when layering the jars. This will save you having to marinate them ahead of time because they'll **absorb some of your dressing** while the salad is stored.
- If you're concerned about the ingredients becoming too soggy from the dressing and plan to eat the salad out of a bowl later, you can simply pack your dressing in a separate container and drizzle it on later.
- Include a **lean protein** (animal or plant-based), **plenty of veggies, healthy fats** (such as seeds, nuts, and heart-healthy salad oils) and **whole grains** such as quinoa, millet, or rice for a complete and satisfying meal
- **Don't be shy when it comes to jar size.** Most veggies are fairly low in calories yet high in volume, so don't be afraid to fill a big jar. I have some 2-cup mason jars, but most days I go for a 4-cup one and fill the top 1/3 with greens.
- About 15 minutes before you plan to eat, **tip the jar upside down** to give the dressing a chance to coat all the other ingredients.
- When ready to eat, either take the lid off and dump the salad straight into a salad bowl/plate, or, if you're on the go, eat straight out of the jar.