

FN1887

Pinchin' Pennies in the Kitchen

Make Your Own Salads in a Jar: Recipe Ideas

This handout provides recipes for making salads in a jar. For more information about creating your own salads in a jar, see “7 Steps to Making a Salad in a Jar” (FN1886) at www.ag.ndsu.edu/food (see “Food Preparation”).

- Thoroughly rinse vegetables and/or fruit before cutting and adding to your salad. Water speeds spoilage/wilting of salads, so spin lettuce and vegetables in a salad spinner and/or pat dry with paper toweling.
- Add the salad dressing of your choice, then the layers of tasty ingredients. Shake together when ready to eat.
- Store salad in refrigerator at 40 F. For best quality, use within three to four days of preparation. If using meat, use salad within three days of preparation.



See side 2 for recipes

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist

Ashley Gehl, Dietetic Intern, NDSU Extension

For more information about nutrition, food safety and health, visit this website:

www.ag.ndsu.edu/food

For more information on this and other topics, see www.ag.ndsu.edu

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Key to abbreviations c. = cup • oz. = ounce • tsp. = teaspoon • Tbsp. = tablespoon • lb. = pounds • g = grams • mg = milligrams

To make each of these salads, layer the following ingredients in order (1 to 7) in a quart-size jar.

Salad Recipe		2 Tbsp. dressing 1.	½ c. vegetables 2.	½ c. fruit (optional) 3.	½ c. grains 4.	½ c. protein 5.	1 c. leafy greens 6.	1 Tbsp. of each topping 7.
Asian Salad								
	Per serving: 350 calories, 21 g fat, 16 g protein, 26 g carbohydrate, 5 g fiber and 310 mg sodium	Sesame ginger	Edamame (frozen, thawed); shredded carrots; chopped bell pepper *vegetable mix totals ½ c.		Soba noodles, cooked and cooled	2 hard-cooked eggs, chopped	Cabbage	Sesame seeds, unsalted
Bar-b-que Chicken Salad								
	Per serving: 310 calories, 11 g fat, 24 g protein, 29 g carbohydrate, 3 g fiber and 190 mg sodium	BBQ ranch	Parsley-roasted potatoes; shredded carrots *vegetable mix totals ½ c.	Pineapple (canned or fresh)		Grilled or roasted chicken, chopped and cooled	Romaine lettuce	
Classic Caprese Salad								
	Per serving: 310 calories, 21 g fat, 22 g carbohydrate, 12 g protein, 400 mg sodium and 2 g fiber	Balsamic vinaigrette	Cherry tomatoes, chopped		Cooked whole-wheat penne pasta	Mozzarella cheese, shredded or sliced fresh	Spinach	Canned olives (rinsed and drained)
Southwest Salad								
	Per serving: 400 calories, 12 g fat, 14 g protein, 58 g carbohydrate, 9 g fiber and 450 mg sodium	Avocado ranch	Cubed, roasted zucchini; corn (drained and rinsed if canned); cubed, roasted sweet potato *vegetable mix totals ½ c.		Brown rice, cooked and cooled	Black beans, canned (drained and rinsed)	Spring mix	Cheddar cheese, shredded