

**FN1887** (Reviewed April 2023)

## 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](http://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.



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*See side 2 for recipes*

For more information about nutrition, food safety and health, visit this website:  
[www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)

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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.
<b>Asian Salad</b>								
 <small>NDSU photo</small>	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
<b>Bar-b-que Chicken Salad</b>								
 <small>NDSU photo</small>	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	
<b>Classic Caprese Salad</b>								
 <small>NDSU photo</small>	Per serving: 310 calories, 21 g fat, 12 g protein, 22 g carbohydrate, 2 g fiber and 400 mg sodium	Balsamic vinaigrette	Cherry tomatoes, chopped		Cooked whole- wheat penne pasta	Mozzarella cheese, shredded or sliced fresh	Spinach	Canned olives (rinsed and drained)
<b>Southwest Salad</b>								
 <small>NDSU photo</small>	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