

MASON JAR SALADS

The secret to a perfect and tasty Mason jar salad is all in the order.

The dressing goes in first. This is so important! This guarantees that your salad ingredients don't get soggy.

Then go with a grain or a protein, or anything else big and chunky. This protects your more delicate ingredients from getting wet.

Then the fixings. Little things like shaved nuts, raisins, cheeses. The ingredients that you want to stay dry until just before you eat it.

And if you have any leafy greens, they go in last. That way when you turn the Mason jar over and unload it all into a bowl, the greens will make the salad bed.

Choosing a smart combo of ingredients is also key.

You want to mix textures and flavors. And ideally, you'll have a filling protein, something salty and crunchy, and something sweet and tangy. Here are some ideas:



1. FRESH & SPRINGY WALNUT, RADISH, AND APPLE SALAD

PREP TIME

10 mins

TOTAL TIME

10 mins

This salad is packed with nutrition, not to mention being a treat for the taste buds and a sight to behold!

Author: Beth Hornback | Eat Within Your Means

Recipe type: Salad

Serves: 1

INGREDIENTS

- 3 T. raw almond butter
 - 1 T. unseasoned rice wine vinegar
 - ½ tsp. salt
 - 1 T. maple syrup
 - 2 t. toasted sesame oil
 - 3 cups mixed greens
 - 1 stalk celery, diced
 - 2-3 radishes, thinly sliced
 - ¼ green apple, thinly sliced and soaked in salted water to prevent browning
 - ½ cup walnuts
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INSTRUCTIONS

For the Dressing

1. Combine all ingredients in a tightly sealed container and shake until emulsified.

For the Salad

1. Pour 2 tablespoons of dressing in the bottom of a wide mouth mason jar. Working from the bottom up, layer the apples, radishes, celery, and walnuts. Pack in the greens and seal the jar. Refrigerate until ready to eat. Keeps 3-4 days. When ready to eat, pour the contents of the jar into a large bowl. If the dressing has thickened up and will not easily pour out of the jar, add a tablespoon of warm water, seal the jar, and shake to thin out the dressing before adding to the salad. Toss the salad with the dressing and enjoy!



2. BURRITO BOWL SALAD

Yield: 5 salads

Serving Size: 1 pint-sized mason jar salad

Ingredients

For the quinoa:

- 1 cup quinoa (I used a combination of red and white)
- 2 cups water
- 1/2 teaspoon salt
- juice and zest of one lime
- 1/4 cup chopped fresh cilantro

For the chicken:

- 2 large chicken breasts
- 2 teaspoons sea salt
- 1 tablespoon oil

For the bacon: (optional)

- 2 pieces of thick cut bacon

For the sweet potatoes:

- 1 large sweet potato, washed, ends cut off
- 1 tablespoon oil

Other ingredients:

- 3 cups chopped lettuce
- 5 tablespoons plain Greek yogurt
- 3/4 cup shredded cheese
- 1/2 cup chopped fresh cilantro



Instructions

For the quinoa:

1. Add the quinoa, water, and salt to a medium sized pot. Bring to a boil over medium heat. When it has reached a boil, cover and cook for 20-25 minutes, or until the quinoa is soft and fluffy.
2. Set the quinoa aside to cool.
3. When it has cooled, add the lime juice, lime zest, and 1/4 cup chopped cilantro to the rice and stir to evenly distribute the ingredients. Taste, add more lime or cilantro if needed.

For the chicken:

1. Dry off both chicken breasts thoroughly with paper towels, and season both sides of each breast using the 2 teaspoons of salt.
2. In a large skillet, heat 1 tablespoon oil over medium-high heat until the oil is very hot.
3. Add the chicken breasts to the hot skillet, and cook for about 4 minutes on each side. Both sides should have a pretty brown sear to them.

4. When the chicken breasts are cooked all the way through, remove them to a cutting board to cool. Once they've cooled, cut the chicken into small chunks, about ½ square inch each.

For the bacon:

- If you're going to add bacon to your salad, cook 2 slices of bacon as you normally would, until it is crispy enough to crumble.

For the sweet potatoes:

1. Cut up the sweet potato into tiny chunks, about 1/2 square inch each.
2. Heat 1 tablespoon oil in your large skillet over medium heat.
3. When the oil is hot, add the sweet potato cubes. Sear the potatoes on all sides, stirring every 3-5 minutes.
4. When the potatoes have all browned on the outside, turn the heat down to medium-low, cover the skillet with a lid, and cook the sweet potatoes until they can be easily pierced with a fork. Set aside to cool.

To assemble the salads:

1. When all ingredients have cooled, you can begin to assemble your burrito bowl salads. Add 1 tablespoon of plain Greek yogurt to the bottom of each pint-sized wide mouth Mason jar.
2. Top with about 2 tablespoons of sweet potato cubes.
3. On top of the sweet potatoes, add 3-4 tablespoons of the cilantro lime quinoa.
4. Layer 1-2 tablespoons of cheese over the quinoa, a little less than half a piece of bacon over the cheese, and a layer of chicken over the bacon. (To make this vegetarian, substitute 1 can of rinsed beans for the chicken and bacon and add a layer of beans here.)
5. Fill the remaining space in the Mason jar with lettuce, and sprinkle some additional chopped cilantro on top before screwing on the lid.

3. ZUCCHINI NOODLES WITH PEAS AND QUINOA

Ingredients

- For the dressing:
 - 1/2 avocado
 - 2 tbsp coconut milk
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 - Juice of 1/2 lime
- For the rest:
 - 1/3 cup cooked quinoa
 - 2 tsp minced cilantro
 - 1.5 tsp coconut flakes
 - 1/4 cup green peas
 - 1 medium zucchini, Blade C
 - 2-3 scallion stalks, diced
 - 1/4 cup cubed feta
 - 3 asparagus stalks, chopped into 1" pieces



Instructions

1. In a food processor, place in all of the ingredients for the dressing. Pulse until creamy. Set aside.
2. In a bowl, combine the quinoa, cilantro and coconut flakes. Toss to combine and set aside.
3. Bring a small saucepan filled halfway with water to a boil. Then, add in the asparagus. 1 minute later, add in the peas. Cook for 3-4 minutes or until vegetables are cooked and pour out into a colander.
4. Assemble your Mason jar salad. First, put in dressing. Second, the zucchini noodles. Then, the quinoa. Then, the scallions. Then, the asparagus & peas. Then, the feta. Put the lid on the Mason jar and refrigerate for later use.

4. ASIAN NOODLE SALAD

YIELD: 4 servings **PREP TIME:** 25 minutes

INGREDIENTS:

FOR THE SALAD:

- 4 ounces soba noodles
- 1 red bell pepper, thinly sliced
- 1 cup shelled edamame, cooked
- 2 large carrots, peeled and shredded
- 4 green onions, thinly sliced
- 1/2 cup crunchy rice noodles

FOR THE SPICY PEANUT DRESSING:

- 2 tablespoons peanut butter
- 4 teaspoons sambal oelek or sriracha
- 4 teaspoons rice vinegar
- 4 teaspoons soy sauce
- 1/4 cup extra virgin olive oil
- 1 tablespoon black sesame seeds



DIRECTIONS:

1. In large pot of boiling water, cook noodles according to package instructions. Rinse under cold water and drain.
2. Meanwhile, make Spicy Peanut Dressing: In a small bowl, whisk together peanut butter, sambal oelek or sriracha, rice vinegar and soy sauce. While whisking, slowly drizzle in oil until all oil is incorporated. Stir in sesame seeds.
3. Divide Spicy Peanut Dressing equally among 4 pint-sized mason jars. Divide soba noodles over dressing. Layer remaining ingredients, ending with rice noodles. Top with lids and refrigerate up to 5 days. To serve, pour onto plate or bowl, stir and enjoy.

5. POMEGRANATE AND PEAR SALAD

FOR THE SALAD:

- 1 pear, cored and thinly sliced
- 3 cups spinach leaves, divided
- 1/2 cup pomegranate seeds
- 1/4 cup roughly chopped pecans
- 2 ounces crumbled blue cheese
- 3 tablespoons Sherry Vinaigrette
- 1 quart-size Mason jar

FOR THE VINAIGRETTE:

- 2 1/2 tablespoons sherry vinegar
- pinch of salt
- freshly ground black pepper, to taste
- 3 tablespoons olive oil



For the vinaigrette:

1. Whisk together the vinegar, salt, and pepper. Slowly add the olive oil, whisking, until the dressing thickens.

For the salad:

1. Place the pear slices in the bottom of the Mason jar. Layer 2 cups of the spinach on top of the pear, then add the pomegranate seeds, another 1/2 cup spinach, and the chopped pecans. Finish with the remaining 1/2 cup spinach and the blue cheese.
2. Make a small cup out of parchment paper at the top of the jar and pour in the vinaigrette dressing. Seal the jar and refrigerate until ready to use.

6. CHOPPED BLACK BEAN AND CORN SALAD

Prep time

15 mins

Total time

15 mins

Author: Skinny Mom's Kitchen

Serves: 5

Ingredients

- 5 wide mouth quart size mason jar salads
- 1 ¼ cup salsa
- 1 6 ounce container plain greek yogurt
- 1 quart cherry tomatoes, halved
- 1 red onion, chopped
- 2 cans black beans, drained and rinsed
- 1 12 ounce package frozen corn, thawed
- 2 avocados, peeled and chopped
- 5 ounce block pepper jack cheese, cut into small cubes
- 4-5 cups chopped romaine lettuce
- ¼ cup or more chopped cilantro (optional)

Instructions

1. In each of the mason jars pour ¼ cup of salsa. Then divide the greek yogurt evenly among the jars. This will equal about 1 ½ tablespoons of greek yogurt per jar. Next divide and layer the rest of the ingredients evenly between the 5 mason jars starting with tomatoes then following with onions, black beans, corn, avocado, cheese, and ending with romaine and cilantro. When ready to eat pour into a bowl, mix together, and enjoy!

Notes

Make Ahead Instructions

This can be made up to 5 days ahead of time.



7. CHICKPEA, FARRO, AND GREENS SALAD

INGREDIENTS

Farro

- 1¼ cup farro
- 1 tablespoon olive oil
- 1 medium clove garlic, pressed or minced
- ¼ teaspoon salt

Greek dressing (this recipe is easily halved)

- 1 cup quality extra-virgin olive oil
- ½ cup red wine vinegar
- 4 cloves garlic, pressed or minced
- 1 tablespoon dried oregano
- 2 teaspoons Dijon mustard
- 1½ teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon agave nectar, honey or sugar

Chickpea and celery salad

- 2 cans chickpeas (or 3 cups cooked chickpeas), drained and rinsed
- 4 stalks celery, thinly sliced and roughly chopped
- ⅔ cup chopped red onion (about one small red onion, chopped)
- 1 cup chopped parsley
- ⅓ cup Greek dressing or olive oil and lemon juice, to taste

Greens and garnishes

- Mixed greens, roughly chopped if you have time (a couple handfuls per salad)
- ¼ cup pepitas (pumpkin seeds) or sunflower seeds
- Handful dried cherries or cranberries, roughly chopped
- Kalamata olives, pitted and thinly sliced (optional)
- Feta cheese, crumbled (optional)

INSTRUCTIONS

1. To cook the farro: In a medium saucepan, combine the rinsed farro with at least three cups water (enough water to cover the farro by a couple of inches). Bring the water to a boil, then reduce heat to a gentle simmer, and cook until the farro is tender to the bite but still pleasantly chewy. (Pearled farro will take around 15 minutes, unprocessed farro will take 25 to 40 minutes.) Drain off the excess water and mix in the olive oil, garlic and salt. Set aside to cool.
2. Make the dressing: Whisk together all of the dressing ingredients until emulsified.
3. Make the chickpea and celery salad: In a serving bowl, toss together the chickpeas, prepared celery, red onion and parsley. Stir in enough dressing (or olive oil and lemon juice) to lightly coat the salad. Toss and set aside.
4. Toast the pepitas: In a skillet over medium-low heat, toast the pepitas for a few minutes, stirring frequently, until they smell fragrant and toasty. Transfer the pepitas to a bowl to cool.
5. To assemble your Mason jar salads: In a quart-sized mason jar, layer the chickpea salad at the bottom along with an additional tbs or two of dressing. Top with cooled farro, then greens (leave about an inch of room at the top). Finish with a sprinkle of Feta cheese.



8. LAYERED SALAD WITH ORANGE-GINGER DRESSING

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)
- 1.5 cups diced red pepper (1 large)
- 1.5 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 tbsp apple cider vinegar
- 1 tbsp fresh minced ginger
- 1 tbsp fresh lime juice
- kosher salt, to taste (I used 1/4 tsp)



Directions:

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.

Tips:

Dressing makes four 1/4 cup servings

9. SPROUTED SPRING SALAD

Sprouted Spring Salad in a Jar

- 1 cup cooked chickpea, thoroughly rinsed if using canned
- 1/2 cup grated carrots
- 1 cup cherry tomatoes, left intact they will preserve longer than sliced
- 1 cup shelled edamame beans
- 1/2 cup pine nuts, or other nuts as desired
- 1 cup fresh spring sprouts of choice such as alfalfa, mustard, clover, onion

For the Basil Vinaigrette

- 5 Tbsp olive oil
- 2 1/2 Tbsp red wine vinegar
- 4-6 fresh basil leaves, chopped
- 1 heaping tsp sweet Dijon mustard
- Sea salt & coarse black pepper to taste



Combine vinaigrette ingredients in a container with fitted lid and shake well.

Place chickpeas in a bowl and pour basil vinaigrette over, mixing to combine.

After thoroughly washing two mason jars, place a 1/2 cup of the chickpea/vinaigrette mixture into each one, being sure to add all of the dressing which will be needed for the rest of the salad.

Layer a 1/2 portion of carrots followed by tomato, edamame and nuts. Finish with sprouted greens.

Seal jars and place in the fridge until ready to use or to offer as a gift.

10. MANGO BLACK BEAN QUINOA SALAD WITH HONEY-LIME VINAIGRETTE

For the dressing:

- Juice of 2 limes
- 2 tablespoons honey
- 1 teaspoon white sugar
- 1 tablespoon Dijon mustard
- 1 teaspoon garlic powder
- 1/2 teaspoon cumin
- salt + pepper to taste
- 1/2 cup extra virgin olive oil

For the salad:

- 2 avocados, diced
- Juice of 1 lime
- 2 cups frozen diced mango, thawed
- 1 jalapeno, seeded and finely chopped
- 1/2 of a medium red onion, finely chopped
- 1/2 cup finely chopped cilantro
- 2 cans black beans, drained
- 1 can yellow corn, drained
- 1 cup cooked quinoa
- 5 cups shredded romaine lettuce



Assemble the salad in the following order:

1. In the bottom of each jar, add 2-3 tablespoons of the Honey Lime Vinaigrette.
2. Next, divide the quinoa evenly between all 5 jars.
3. Squeeze the juice of one half of the lime on the mango, and the other half over the avocado. Sprinkle the avocado with a little salt. Divide the mango evenly between the jars.
4. Add the black beans and corn.
5. Add the deconstructed guacamole ingredients. First the avocado, then the red onion, and a little jalapeno.
6. Top with cilantro, then pack each jar full of the salad greens. You can use romaine or spinach would work really well as well. When ready to serve, shake the jar to distribute the dressing, and pour onto a plate. Voila!

11. CHICKEN AND SPINACH SALAD

FOR THE MUSTARD-THYME VINAIGRETTE:

- 5 teaspoons red wine vinegar
- 5 teaspoons country Dijon mustard
- 3/4 teaspoon chopped fresh thyme leaves
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 5 tablespoons extra virgin olive oil

FOR THE SALAD JARS:

- 8 ounces cooked chicken breast, chopped
- 2 cups red grapes, halved
- 1/3 cup walnuts, roughly chopped
- 1/3 cup shaved Asiago cheese
- 4 cups baby spinach, roughly torn

DIRECTIONS:

1. Make Mustard-Thyme Vinaigrette: In small bowl, whisk together vinegar, mustard, thyme, salt and pepper. While whisking, slowly drizzle in oil until all oil is incorporated.
2. Divide Mustard-Thyme Vinaigrette equally among 4 pint-sized mason jars. Divide chicken over dressing. Layer remaining ingredients, ending with spinach (you may have to tightly pack spinach into jars). Top with lids and refrigerate up to 4 days. To serve, pour onto plate or bowl, stir and enjoy.



12. SPINACH SALAD WITH MOZZARELLA, ORZO, AND SNAP PEAS

Ingredients

- 1 cup orzo
- 3 tbsp olive oil
- 2 tsp grated lemon zest
- 1 tbsp fresh lemon juice
- 5 oz baby spinach
- ½ tsp kosher salt
- ½ tsp freshly ground black pepper
- 1 pint cherry tomatoes, cut in half
- 1 cup halved snap peas
- 8 oz fresh mozzarella balls (cherry-size)
- ½ cup chopped herbs (such as dill, tarragon, chives)
- 4 quart-size canning jars, with lids



Directions

1. Cook the orzo according to the package directions. Drain and let cool.
2. Whisk together the oil, lemon zest, lemon juice, herbs, salt and pepper in a medium bowl. Pour about 1 to 4 tablespoons of dressing into the bottom of each jar, to taste.
3. After the dressing, layer the salad ingredients into each jar in order: about 1/2 cup cherry tomatoes; then 1/4 cup cooked orzo; 1/4 cup snap peas; 2 oz mozzarella; and last, about 1-1/4 oz of baby spinach leaves, torn into bite-size pieces (or just fill the remaining space in each jar — it's okay to pack it in fairly tight). Screw the lids onto the jars tightly and refrigerate immediately.
4. When you're ready to eat, unscrew the lid and shake the salad out into a bowl. The action of shaking the salad into the bowl usually mixes the salad and dressing conveniently; if not, just toss the greens a bit with your fork to combine. Then enjoy!