



OKLAHOMA COUNTY  
EXTENSION

# Salad in a Jar Handout

## Choose Darker Leaves.

These leaves provide more nutrients like vitamin C, iron, fiber, calcium, & beta-carotene.



## Recommended Vegetable Intakes

Daily Recommendations		
Children	2-3 year olds	1 cup
	4-8 year olds	1 ½ cups
Girls	9-13 year olds	2 cups
	14-18 year olds	2 ½ cups
Boys	9-13 year olds	2 ½ cups
	14-18 year olds	3 cups
Women	19-50 year olds	2 ½ cups
	51+ year olds	2 cups
Men	19-50 year olds	3 cups
	50+ year olds	2 ½ cups

<https://www.choosemyplate.gov/eathealthy/vegetables>

## Types of Salads

**Vegetables:** Salad greens, raw vegetables, or cold cooked veggies.

**Fruits:** Fresh, frozen, or canned fruits.

**Grain Products:** Whole grains like pasta, brown rice, quinoa, bulgur...

**Protein Foods:** Cheese, eggs, cooked or canned meats, poultry, fish, or shellfish.

**Gelatin:** Combining fruit, vegetables, or protein foods in gelatin. Most commonly makes sweet salads.

**Combination:** Combinations of any of the above ingredients.

## Ways to prepare salads

**Tossed:** Typically a mixture of greens, vegetables, or fruits tossed with dressing.

**Mixed:** Greens not included, but has all ingredients mixed together. Ex. potato salad.

**Arranged:** Ingredients separated for attractive pattern.

**Layered:** Arranged in layers, like that of salad in a jar.

**Molded:** Shaped in a decorative mold.

**Cooked:** Heated and served hot. Ex. German potato salad.

**Frozen:** Usually combines fruit and whipped cream, cream cheese, or mayonnaise.

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## Preparation Guidelines

- Select fresh, crisp, colorful foods
- Wash and blot dry
- Tear, don't cut leafy greens
- Use antioxidants (acid like ascorbic acid) to prevent browning
- Ensure ingredients are uniform in size
- Cut or shred firm vegetables
- Add dressing just before serving



## Food safety tips for fresh produce

- Clean Hands
- Cut damaged or bruised areas
- Wash thoroughly, unless stated that it's prewashed
- Use water and a produce brush to clean
- Make sure produce is as dry as possible to slow deterioration.



**Base:** The foundation.

## Salad Basics

**Body:** The main part--vegetables, fruit, protein, grains...

**Dressing:** The topping.



# Salad in a Jar Handout

## Making a Salad in a Jar

### Step 1

- Clean, wide mouthed jar.  
For a main dish salad = Quart Jar  
For a side salad = Pint Jar



### Step 2

- Spoon 1-3 tablespoons of dressing into bottom of jar.



### Step 3

- Add in hard, chopped vegetables.

\*\*If adding in produce that browns (sliced apples, avocados) add to bottom of jar with acidic dressings.



### Step 4

- Add softer, more absorbable vegetables & fruit.

\*\*Add salty items here too --pickled vegetables, olives...



### Step 5

- Add high fiber, unprocessed carbs.



### Step 6

- Add in seeds & nuts here.



### Step 7

- Add in greens.

\*\*Tightly pack greens in to maximize freshness.



### Step 8

- Add in proteins.

\*\*Add these only a day or two in advance.



### Step 9 Enjoy!

\*\*Additional Tip: If not using sturdy vegetables or fruits, pack dressing in a separate container.