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# Salad in a Jar

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OKLAHOMA COUNTY  
EXTENSION





# Today You Will Learn:

- Basic salad facts
- Food safety tips for salads
- Types of salads
- Ways to prepare salads
- How salads are served
- Guidelines for making salads
- Salad making equipment
- Creating a salad in a jar





# Salad Facts

- Mainstay on many menus
- Add color, flavor, and texture
- Supply a variety of nutrients
- Amount of vegetables needed per day depends on age, sex and level of physical activity



# Recommended Vegetables

## Daily Recommendations

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



# Salad Facts

- Ingredients change with season and locality
- Economical use of leftovers





# Types of Salads

- Vegetables
- Fruits
- Grain Products
- Protein Foods
- Gelatin
- Combination





# Ways to prepare salad

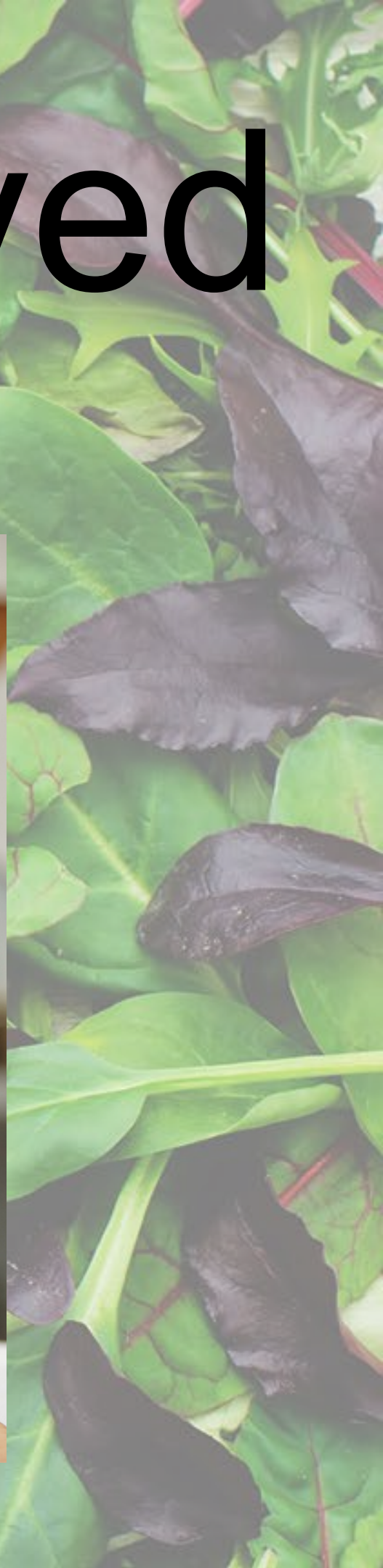
- Tossed
- Mixed
- Arranged
- Layered
- Molded
- Cooked
- Frozen





# How Salads are Served

- Appetizer





# How Salads are Served

- Accompaniment





# How Salads are Served

- Main Dish





# How Salads are Served

- Dessert





# Exploring Greens

- Darker leaves are richer in nutrients
- Provide beta-carotene, vitamin C, calcium, iron (may not be available to body), fiber
- Iceberg lettuce is most popular but is lower in nutrition
- Unique tastes & textures of greens.





# Preparation Guidelines

- Select fresh, crisp, colorful foods
- Wash and blot dry
- Tear, don't cut leafy greens
- Use antioxidant (acid like ascorbic acid) to prevent browning





# Preparation Guidelines

- Ingredients uniform in size
- Cut or shred firm vegetables
- Add dressing just before serving





# Safe Salad Preparation

Protect your family from harmful bacteria

- Clean
- Separate
- Cook
- Chill





# Food safety tips for fresh

- Begin with clean hands
- Cut away damaged or bruised areas
- All produce should be thoroughly washed before eating
- Don't use soap, detergent or commercial produce washes
- Scrub firm produce
- Drying produce



# What about ~~washed~~ prewashed produce

- If “prewashed” is stated on label can use with no further washing
- As extra measure of caution, wash produce again just before use
- Wash precut, prewashed produce in open bags before use



# Separate for Safety

- Keep produce to be eaten raw separate from other foods
- Wash cutting boards, dishes, utensils & counter tops with hot water & soap
- Wash plastic or other nonporous cutting boards in dishwasher





# Making a Salad

- Base
- Body
- Dressing





# Basic Salad Making Equipment

- Cutting board
- Appropriate knives: French knife, paring or utility knife, serrated knife
- Strainer, colander
- Kitchen shears
- Shredder
- Peeler/parer





# Specialty Items

- Salad spinner
- Egg and tomato slicers
- Melon ball cutter
- Corer
- Chopper
- Grater
- Food processor





# Step 1

\*Clean, wide mouthed jar.

For a main dish salad = Quart Jar

For aside salad = Pint Jar





# Step 2

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





\*Add in hard,  
chopped vegetables.

# Step 3

- Carrots
- Radishes
- Whole cherry tomatoes
- Peppers
- Broccoli
- Snap peas
- Celery
- Cucumbers

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





**\*Add softer, more absorbable vegetables & fruit.**

# Step 4

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

- Berries
- Peaches
- Chopped tomatoes
- Roasted vegetables





# Step 5

\*Add high fiber,  
unprocessed carbs.

- Cooked quinoa
- Whole grain pasta
- Peas
- Beans
- Roasted sweet potato cubes
- Brown rice are all nice choice





# Step 6

**\*Add in seeds & nuts here.**





# Step 7

**\*Add in greens.**

- Chopped kale
- Arugula
- Spring greens
- Romaine

Tightly pack greens in to maximize freshness.





# Step 8

**\*Add in proteins.**

- Cheese
- Diced cooked chicken
- Hard boiled egg
- Cubed tofu/tempeh

Add these only a day or two in advance.





# Step 9

**\*Enjoy!**

- Pour jar contents into bowl or on plate.

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





# Resources

- The Joy of Eating. Rachael Hartley Nutrition.<https://www.rachaelhartleynutrition.com/blog/2015/07/how-to-make-a-mason-jar-salad>
- Barbara Brown, Oklahoma State University Extension State Specialist