



OKLAHOMA COUNTY  
EXTENSION

# Salad in a Jar Recipes

## Spring Quinoa Salad with Mint Lemon Dressing

MAKES 4

### DRESSING INGREDIENTS:

- 1 CUP FRESH MINT LEAVES, LOOSELY PACKED
- JUICE OF 1 LEMON
- 1/4 CUP EXTRA VIRGIN OLIVE OIL
- SEA SALT & FRESHLY CRACKED PEPPER

### SALAD INGREDIENTS:

- 4 RADISHES
- 1 CUP PEAS, BLANCHED FROM FRESH OR DEFROSTED FROM FROZEN
- 2 CUPS COOKED & COOLED QUINOA, FROM 2/3 CUP DRY
- SPRING GREENS
- 1/2 CUP FETA CHEESE

### INSTRUCTIONS:

1. TO MAKE DRESSING, BLEND THE INGREDIENTS TOGETHER IN A BLENDER. SEASON WITH SALT & PEPPER.
2. DIVIDE THE DRESSING BETWEEN FOUR QUART-SIZED MASON JARS. ADD RADISHES, PEAS THEN QUINOA, PRESSING DOWN TO PACK LIGHTLY. TOP WITH SPRING GREENS TO THE TOP OF THE JAR. SPRINKLE FETA OVER THE TOP AND SEAL.

*Adapted from Rachel Hartley Nutrition*

## Watermelon and Feta Salad

MAKES 6

### DRESSING INGREDIENTS:

- 1/4 CUP BALSAMIC VINEGAR
- 2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
- 1 TEASPOON HONEY
- SEA SALT & FRESHLY CRACKED BLACK PEPPER

### SALAD INGREDIENTS:

- 1 SEEDLESS CUCUMBER, CHOPPED
- WATERMELON, CUBED
- BASIL LEAVES
- 1/2 CUP CRUMBLLED FETA

### INSTRUCTIONS:

1. WHISK THE DRESSING INGREDIENTS TOGETHER AND SEASON WITH SALT AND PEPPER TO TASTE. DIVIDE THE DRESSING BETWEEN SIX PINT-SIZED MASON JARS. TOP WITH CUCUMBER, WATERMELON, BASIL LEAVES, AND FETA. SEAL AND REFRIGERATE UNTIL READY TO EAT.

*Adapted from Rachel Hartley Nutrition*



# Salad in a Jar Recipes

## Kale Tortilla Salad with Jalapeno Lime Dressing

MAKES 4

### DRESSING INGREDIENTS:

- 1/4 CUP LIME JUICE
- 1 JALAPENO PEPPER, SEEDED & CHOPPED
- 1 CLOVE GARLIC, MINCED
- 1/2 CUP CILANTRO LEAVES, PACKED
- 1/4 CUP EXTRA-VIRGIN OLIVE OIL
- SALT & FRESHLY CRACKED BLACK PEPPER

### SALAD INGREDIENTS:

- 1/2 MEDIUM RED ONION, THINLY SLICED
- 2 TABLESPOONS APPLE CIDER VINEGAR
- 1 BUNCH OF KALE, THICK STEMS REMOVED, THINLY SLICED
- 1 CUP CHERRY TOMATOES, HALVES
- 2 AVOCADOS, PEELED AND CUBED
- 1 CAN BLACK BEANS, DRAINED & RINSED
- 1 CUP SHREDDED SHARP CHEDDAR CHEESE
- 1 OUNCES CORN TORTILLA CHIPS, CRUMBLD

### INSTRUCTIONS:

1. FIRST, QUICK PICKLE THE RED ONION. IN A SMALL BOWL, TOSS THE RED ONION SLICES WITH APPLE CIDER VINEGAR & 1/4 TEASPOON OF SALT. TOSS TO COMBINE & LET SIT WHILE YOU PREPARE THE REST OF THE SALAD, TOSSING EVERY SO OFTEN.
2. NEXT, MAKE THE DRESSING. COMBINE ALL DRESSING INGREDIENTS IN A BLENDER AND PUREE UNTIL COMBINED. SEASON WITH SALT AND FRESHLY CRACKED BLACK PEPPER TO TASTE.

### INSTRUCTIONS (CONTINUED):

3. PLACE KALE IN A LARGE BOWL. DRIZZLE WITH 1/4 CUP OF DRESSING. USING YOUR HAND, MASSAGE DRESSING INTO THE KALE TO SOFTEN. TOSS KALE WITH CHERRY TOMATOES, AVOCADO, BLACK BEANS, CHEDDAR AND PICKLED RED ONIONS (DISCARD VINEGAR). SPRINKLE WITH CRUSHED TORTILLAS CHIPS AND ADDITIONAL DRESSING BEFORE SERVING.





# Salad in a Jar Recipes

## Marinated Carrot Salad

MAKES

### INGREDIENTS:

- 1 1/2 POUNDS CARROTS
- 1/4 CUP OLIVE OIL
- 3 TABLESPOONS SEASONED RICE VINEGAR
- 2 TABLESPOONS CHOPPED MINT
- 1 SMALL CLOVE GARLIC, MINCED
- 1/2 TEASPOON SEA SALT
- 1/4 TEASPOON FRESHLY GROUND BLACK PEPPER

### INSTRUCTIONS:

1. PEEL CARROT AND SLICE THEM INTO THICK ROUNDS. SIMMER IN A POT OF SALTED WATER UNTIL JUST TENDER.
2. WHILE CARROTS COOK, WHISK TOGETHER OLIVE OIL, VINEGAR, MINT GARLIC, SALT AND PEPPER.
3. WHEN CARROTS ARE FORK TENDER, DRAIN THEM.
4. TOSS WARM CARROTS TOGETHER WITH VINAIGRETTE AND LET THEM SIT UNTIL CARROTS ARE COOL.
5. PLACE CARROTS IN REFRIGERATOR AND LET THEM MARINATE FOR AT LEAST 1 HOUR BEFORE SERVING. THEY CAN BE KEPT IN THE REFRIGERATOR FOR UP TO 5 DAYS.

*Adapted from Food in Jars*

## Soba Noodle with Peanut/Sesame Sauce & Julienned Vegetables

MAKES

### INGREDIENTS:

- 2 CLUSTERS OF SOBA NOODLES (7 OUNCES DRY)
- 1 CARROT, JULIENNED
- 1/2 SEEDLESS CUCUMBER, JULIENNED

### SAUCE INGREDIENTS:

- 2 TABLESPOONS TOASTED SESAME OIL
- 3 1/2 TABLESPOONS SOY SAUCE
- 2 TABLESPOON UNSEASONED RICE VINEGAR
- 2 TABLESPOONS TAHINI (SESAME PASTE)
- 1 TABLESPOON PEANUT BUTTER
- 2 TABLESPOONS HONEY
- 1 INCH OF GINGER ROOT, FINELY GRATED
- 1 TABLESPOON SRIRACHA SAUCE

### INSTRUCTIONS:

1. COOK SOBA NOODLES UNTIL JUST TENDER. WHILE THEY COOK, WHISK ALL THE SAUCE INGREDIENTS TOGETHER IN A MIXING BOWL.
2. WHEN NOODLES ARE DONE, DRAIN THEM AND PUT THEM IN A ROOMY BOWL. POUR THE SAUCE OVER TOP AND TOSS WITH TONGS TO COAT. ADD JULIENNED VEGETABLES AND MIX TO INCORPORATE.
3. MAKES TWO GENEROUS SERVINGS AND KEEPS WELL OVERNIGHT IN THE FRIDGE.

*Adapted from Food in Jars*