

Ranch Barbecue Chicken Salad

Ingredients

Yield: 5 servings Prep Time: 30 minutes Cook Time: None

*5 wide mouth pint Mason jar
10 TB Ranch Yogurt Dressing
5 TB Barbecue Sauce
3 medium tomatoes, diced
2 cups canned black beans, rinsed
¾ cup frozen corn
½ red onion, chopped
3 cups rotisserie chicken
4-5 cups leafy green lettuce
Salt and Pepper as needed.*

Directions:

Divide all ingredients among mason jars. Start with ranch dressing and barbecue sauce than layer tomatoes, avocado, beans, corn, onion, chicken, and end with romaine.

Prior to eating, shake Mason jar and enjoy!

Option: *Add cumin and/or coriander to dressing. Use honey mustard dressing in place of ranch dressing. Add cheese or avocado. Whole grain tortilla chips or blue corn tortilla chip pieces*

Quinoa Salad with Gingery Citrus Dressing

Ingredients:

Yield: 4 servings Prep Time: 45 minutes Cook Time: 20 minutes

4 Pint size Mason Jars

For the salad

1 ¼ cup of cooked whole grain of your choice

2 ½ cups cooked quinoa

2 cups edamame

1 cup shredded carrots

1 ½ cups diced red pepper

1 ½ cups diced green pepper

½ cup finely chopped fresh parsley

Salt and Pepper 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

2 TB Olive Oil

kosher salt, to taste (I used 1/4 tsp)

Options: *Use cilantro instead of parsley, add diced avocado, add nut of choice*

Directions:

- 1. Whisk together the dressing ingredients and set aside. Combine cooked grains and set aside. Combine peppers and set side.*
- 2. In your pint size mason jars (if layering), add into each: 4 TB dressing, ½ cup of peppers, ¼ cup carrots, ¾ cup combined grains, 2 tbsp parsley, and ½ cup edamame per mason jar. May have to push down ingredients. Repeat as necessary. 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.*

Mason Jar Salad Dressing Recipes

Refreshing sweet and sour dressing (enough for 2 jars):

½ lemon

1 tbsp honey

5 tbsps olive oil

Pinch of cumin

Pinch of salt

Couple of chili flakes (or dried cayenne pepper will do the trick nicely)

Honey Mustard Dressing (enough for 2 jars):

4 tbsp olive oil

3 tbsp vinegar

2 tbsp mustard

2 tsp maple syrup (or honey for non-vegans)

Salt and pepper to taste

Asian Style Peanut Butter Dressing (enough for 2 jars):

1 tbsp peanut butter

1 tbsp soy sauce

1 tbsp honey or maple syrup to make it vegan

1 tbsp vinegar or lemon

2-3 tbsp water

A pinch or two of chopped or grated ginger (dried is fine)



Mason Jar Salad Tips



Greens, Fresh Herbs

Cheese
dairy or non-dairy

Dry Ingredients
ex. grains, pasta, legumes

Protein
ex. egg, chicken, fish, beef, tofu, edamame

Dry Vegetables
ex. carrots, corn, sweet potato

Wet Vegetables
ex. tomato, cucumber, citrus fruit, zucchini

Dressing