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## Salad in a Jar Printable

We all want to eat healthier. But who has the time? What if you could prep a whole week of salads for lunch on Sundays? Then each morning, you simply reach into the fridge for your seasonal, nutritious meal. That's the idea behind Salad in a Jar. With this method, there's still chopping and prepping, for sure. But you do it when you have the time and you do it all at once. And by building a salad with proteins, grains, local fresh veggies and even a little in-season fruit, topped with a homemade dressing, you'll make a lunch that fills you up, keeps your taste buds happy and gives your body what it needs. In this printable, you'll find a How to Build a Better Salad guide and recipes for two homemade salad dressings, plus a recipe for Cucumber, Tomato, Feta Salad that can be adapted to Salad in a Jar style or not. Be sure to print out Real Simple magazine's Mason Jar Salad graphic for an easy reminder. Ready? Let's get cooking!

# Maple Turmeric Salad Dressing

Makes about 1-1/2 cups

## Ingredients

- 2/3 cup extra virgin olive oil, avocado oil or favorite high-quality oil
- 1/2 cup apple cider vinegar
- 2 Tbsp. pure maple syrup (local if you can get it)
- 2 Tbsp. Dijon mustard
- 2 tsp. fine sea salt
- 2 tsp. freshly ground black pepper
- 2 tsp. ground cumin
- 1 tsp. ground turmeric

## Instructions

1. Combine all ingredients in a bowl. Whisk together vigorously until everything is well-mixed.
2. Drizzle atop favorite salad. Store in the refrigerator in an air-tight container for up to a week.

# Lemon Balsamic Dressing

Makes about 1-1/2 cups

## Ingredients

- 2-3 cloves garlic
- 1 tsp. fine sea salt
- 1/2 tsp. freshly ground black pepper
- 4 Tbsp. balsamic vinegar
- 2 Tbsp. freshly squeeze lemon juice
- 4 tsp. Dijon mustard
- 1 tsp. honey (local if you can get it)
- 1 cup extra virgin olive oil or other favorite high-quality oil

## Instructions

1. Place garlic, salt and pepper into food processor. Pulse until the ingredients become like a paste.
2. Add vinegar, lemon juice, Dijon and honey. Pulse until everything is well-mixed.
3. While the processor is running, drizzle oil down the chute until the dressing is mixed together and thick.
4. Refrigerate in an air-tight container for up to a week.

# Cucumber, Tomato, Feta Salad

Makes 8 servings

## Ingredients

- 2-3 large cucumbers (about 2 pounds), diced
- 2 large heirloom tomatoes, diced
- 1/2 large red onion (about 3/4 cup), diced
- 1 cup Kalamata olives, pitted and diced
- 1/2 cup mint leaves, finely chopped
- 6 Tbsp. extra virgin olive oil
- juice of 1 large lemon
- 1/2 tsp. fine sea salt
- 1/2 tsp. freshly ground black pepper
- 4 ounces feta, crumbled

## Instructions

1. Mix together cucumbers, tomatoes, onion, olives and mint in a medium bowl.
2. In a separate bowl, whisk olive oil, lemon juice, salt and pepper. Pour dressing over the veggies. Sprinkle feta on top.
3. Serve immediately or store in an air-tight container in the fridge for up to 2 days.

# How to Build a Better Salad

**Start with leafy greens** — any kind of lettuce, spinach, arugula, beet greens, chard or even kale. If you don't prefer to eat greens like chard or kale raw, warm them briefly in a cast-iron skillet until they wilt. Or quick-saute them with an onion or some garlic.

**Add a dollop of grains** (think quinoa, barley, spelt, rice, polenta or orzo).

**Or perhaps a “bean”** (such as chickpeas, lentils, black beans, navy beans or kidney beans).

**Or another protein** (think hard-boiled eggs, chicken breasts sautéed with lemon slices, pan-fried tofu).

**Top with raw veggies** (beets, carrots, radishes, snow peas, green onions, sprouts of any kind, asparagus — raw or quick-sauteed).

**Add herbs** (choose from parsley, cilantro, chives, mint, dill, oregano or thyme).

**Pile on some fruit** (berries, sliced grapes or pears, mandarin oranges, dried cranberries, raisins, dates, figs).

**Add nuts and seeds** (minced peanuts or cashews for an Asian twist, stand-by walnuts or pecans or pistachios; sesame seeds, chia seeds, pumpkin seeds are also all great choices).

**Stack on a little cheese** — especially crumbled feta and dollops/slices of goat cheese.

**Top with a homemade dressing.**

If all the choices seem overwhelming, try stacking your salad along a theme, say Thai (greens, veggies, forbidden rice, chives and mint, cashews and a peanut dressing — you could even add shrimp for a deconstructed Pad Thai). Or try Mexican (wilted kale with black beans, onions, avocado, tomatoes, cilantro pepitas (roasted Pumpkin seeds) with an avocado dressing). The possibilities are truly endless.