

Salads in a Mason Jar

Trick for layering salads in a mason jar:

1. Put the dressing in first
2. Top it with the harder and firmer vegetables so that they don't wilt in the dressing.
3. Lastly, top it with the greens that you will be using such as the lettuce or spinach. Placing them on top will prevent them from wilting due to the moisture of the dressings and vegetables.
4. Close the lid tightly to seal the contents and prevent it from getting air.

Mason Jar Meals: Quick and Easy Recipes for Meals on the Go in a Jar
By Amber Brooks

Quinoa Salad

Ingredients

1 Cup quinoa, cooked according to directions
6 cherry tomatoes, washed and halved
1 cucumber, deseeded, peeled and diced into cubes
½ Cup parsley, washed and chopped
1 can chickpeas, rinsed and drained
3 tbl dressing of your choice
salt and pepper to taste

Directions

Arrange your dressing first in the mason jar. Top with the halved cherry tomatoes and arrange well so that the dressing can't reach the top.

Add in your cucumbers and chickpeas as the next layer. Top with your cooked quinoa and parsley leaves then season with some salt and pepper to taste.

To serve just shake the bottle and pour in a plate or shake and eat straight from the jar.

Keeps for up to 3-5 days.

By Amber Brooks – Mason Jar Meals

Warm Yam and Chickpea Salad

6 yams peeled and cubed

1 tsp. pumpkin pie spice

3 T. olive oil

Kosher salt to taste

In a large pot boil yams until tender. Drain and put yams back into the pot. Sprinkle with about 1 tsp of pumpkin pie spice, drizzle with olive oil, and season with salt. Mix well. Add and mix well:

1 can drained and rinsed chickpeas 1/2 chopped red onion 1 bunch cilantro washed and chopped Tahini Sauce

Tahini Sauce 3 T. fresh lemon juice 2 T. water 3 T. well stirred tahini 3 T. olive oil

Mix the above ingredients using an immersion blender or in a regular blender and fold into salad. Garnish salad with cilantro.

I did not roast my yams so it had the consistency of potato salad but next time I would like to try roasting the yams. I used yams instead of pumpkin, butternut squash or sweet potatoes because that is what I had and I very much enjoyed the sweetness in contrast with the sauce and onions. This is a very versatile and delicious dish. Give it a try and see what version you come up with.

www.bigredkitchen.com

Lunchtime Taco Salad

Ingredients

For Lime Vinaigrette:

2 tbl lime juice
1 tsp honey
3 tsp olive oil
1 tsp cumin seed ground
salt to taste

For Salad

¼ cup canned black beans, rinsed and drained
¼ cup bell pepper, diced
3 tbl scallions, sliced
1 small avocado, sliced into cubes
2 tbl salsa
2 tbl coriander, chopped
1 cup shredded lettuce

Directions

First, make the vinaigrette. Place all the ingredients in a mixing bowl and whisk well to incorporate and to emulsify. Place in the bottom of the mason jar.

Layer the ingredients of the salad over the vinaigrette as follows: black beans, bell pepper, scallions, avocado, salsa, coriander, and the shredded lettuce on top. Close the lid. Keep refrigerated for up to 3-5 days.

To eat, pour on a plate or eat straight out of the jar. You can add some grilled chicken on top for added protein.

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BREAKFAST OATMEAL

Overnight Oats

Ingredients

- 1/2 cup oats, any (I used [quick cooking steel cut oats](#))
- 3/4 cup almond milk, unsweetened (or any milk: coconut, rice, hemp etc.)
- 1 tsp maple syrup
- 1 tsp pure vanilla extract

Directions

1. Add all ingredients to a Mason jar or any container with a tight lid (I prefer glass), give a good shake or stir and refrigerate for at least 6 hours or overnight. When ready to eat, stir and top with favourite toppings: nuts, berries, fruit, coconut flakes etc. Adjust the thickness of an oatmeal with extra milk if desired. Also the amount of sweetener is up to a personal taste.

2. Storage Instructions: Refrigerate for up to 5 days.

<http://ifoodreal.com/overnight-oats/>

Creamy Pumpkin Spice Overnight Oatmeal

Ingredients

- 1/4 Steel Cut Oats
- 1/4 Pumpkin Puree
- 1/2 Almond Milk
- Dash of Pumpkin Spice (Cinnamon, Ginger & Nutmeg)

Instructions

3. Mix the ingredients in a bowl and then pour into a mason jar.
4. Cover with lid.
5. Let sit overnight
6. Microwave for 1 minute to eat or eat cold!

<http://www.masonjarbreakfast.com/creamy-pumpkin-spice-overnight-oatmeal/>

Nutella Breakfast In a Jar Recipe

Ingredients

- 1 Tablespoon Nutella
- 1/4 Oatmeal (half pint jar)
- 1/2 cup Almond Milk
- Strawberries
- Yogurt (if desired)

Instructions

7. Combine Oatmeal, Almond Milk and Nutella. Mix ingredients until Nutella is completely integrated. Top with strawberries and refrigerate overnight. I like to top it off with a dollop of yogurt and strawberries.

<http://www.masonjarbreakfast.com/nutella-oatmeal-breakfast-in-a-jar-recipe/>

Make a Week of Steel-Cut Oats in 5 Minutes

Ingredients

1 2/3 cups steel-cut oats

4 cups water

Large pinch salt

Mix-Ins: Milk or soy milk

Cinnamon or other spices

Raisins or other dried fruit

Walnuts or other nuts

Jam

Honey

Equipment

5 pint-sized Mason jars with lids (I used wide-mouth jars) Large
saucepan Ladle

Instructions

1. Collect your jars and other equipment. I like pint-sized jars for this as they allow a little more room for adding nuts, raisins, and milk later. But you can also use half-pint jars.

2. Bring the oats, water and salt to a boil. Simmer for about 3 minutes then turn off the heat.

3. Ladle the oats and water into the jars. Cover the jars tightly with their caps and rings. Leave on the counter overnight. (This is how I make my oatmeal and I have had absolutely no problems with it, healthwise, but if for some reason you are not comfortable leaving hot oatmeal out overnight, you can also refrigerate the jars. The oatmeal won't be quite as well cooked in the morning; it will be a thinner, less creamy oatmeal. But it will still be fine.)

4. The next morning, put all but one of the jars in the refrigerator. Take the cap off one jar and stir up the oatmeal inside. Microwave for 2 to 3 minutes, or until quite hot. Add any milk, raisins, or other mix-ins. Enjoy!

Additional Notes: • You can also add your raisins, cinnamon, or other mix-ins to the rest of the jars before putting them away in the refrigerator. Then all you have to do is grab one and go on your way out the door.

Mango Almond Refrigerator Oatmeal

By Monica

1 serving

Ingredients

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup milk of choice
- 1/4 cup low-fat Greek yogurt
- 1-1/2 teaspoons dried chia seeds
- 1/8 teaspoon almond extract
- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1/4 cup diced mango (approx. half of a small mango)

Directions

In a half pint jar or container, add oats, milk, yogurt, chia seeds, almond extract and honey. Put lid on jar and shake until well combined. Add mangoes and stir with fork until mixed throughout. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled.

Nutritional Info: 207 calories, 4g fat, 47g carbs, 7g fiber, 12g protein;
Weight Watchers PtsPlus: 7