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7 Steps to Making a Salad in a Jar

Making an easy, on-the-go meal never has been simpler. Tap into your creative side and make your own salad in a jar recipe. Invite kids to help prepare them. Add the salad dressing of your choice and layers of tasty ingredients, and shake together when ready to eat.



Safety Tips: Thoroughly rinse vegetables and/or fruit before cutting and adding to your salad. Water speeds spoilage/wilting of salads, so spin lettuce and vegetables in a salad spinner and/or pat dry with paper toweling. Store salad in refrigerator at 40 F. For best quality, use the salad in a jar within three to four days* of preparation.

* If using cooked meat, use salad within three days of preparation.

Equipment: 1-quart jar for a single serving; 2-quart (or larger) jar for multiple servings

The calorie content per half cup of each ingredient, or per amount indicated in description, is shown in parentheses.

1. Add 1 to 2 tablespoons (or to taste) of your dressing of choice to the jar.

See the calorie information on the label.

- Salad dressings add flavor to your salad and help with nutrient absorption, so don't be afraid to expand your horizons and try something new.

Tip: Pre-made salad dressings tend to contain excess sodium. Try making your own salad dressing to avoid excess sodium while adding a personalized flavor. See the NDSU Extension publication "7 Tips for Choosing and Using Healthful Oils and Fats" (<https://tinyurl.com/HealthfulOils>) to learn about creating a salad dressing.

2. Choose one or a variety of vegetables.

Add ½ cup of vegetables for texture, flavor and nutrition. Here are some suggestions:

- Diced, canned, drained and rinsed beets (25)
- Sliced fresh red or green bell peppers (10)
- Chopped fresh broccoli (15)
- Chopped fresh carrots (26)
- Fresh cauliflower florets (13)
- Diced fresh celery (8)
- Canned corn, drained and rinsed (55)
- Edamame, prepared from frozen (94)
- Fresh cut green beans (13)
- Sliced fresh mushrooms (8)
- Cubed steamed/baked russet potatoes (60)
- Sliced fresh radish (9)
- Cubed steamed/baked sweet potatoes (57)
- Diced fresh/canned tomatoes (30)
- Chopped steamed/baked zucchini (11)

Tip: Enhance the flavor by roasting vegetables in a 400 F oven with olive oil and desired seasonings before adding them to your salad.

3. Choose one or more fruit(s) if desired.

Add ½ cup of fruit to add fiber, additional nutrients and a touch of sweetness. Examples of fruit(s) are:

- Chopped fresh apple (33)
- Fresh blueberries (42)
- Canned, sectioned grapefruit (44)
- Fresh grapes (33)
- Fresh mango pieces (50)
- Fresh orange slices (42)
- Fresh raspberries (32)
- Sliced fresh strawberries (27)
- Fresh or canned pineapple chunks (41)

4. Choose one grain if desired.

Add ½ cup of cooked and cooled grain of choice to balance the flavor.

- Cooked pearled barley (97)
- Cooked brown rice (120)
- Cooked couscous (88)
- Cooked penne whole-wheat pasta (72)
- Cooked quinoa (111)
- Cooked white rice (103)

Tip: Add quinoa to your salad creation to increase fiber and protein content for an extra-satisfying salad.

5. Choose one or more proteins.

Add ½ cup of protein to your salad.

- Beans and legumes (canned or cooked; drained and rinsed)
 - Black (110)
 - Kidney (96)
 - Pinto (99)
- Chopped baked/grilled chicken (115)
- Canned, drained and rinsed chickpeas (100)
- Fish
 - Baked/grilled cod (45)
 - Baked/grilled salmon (77)
 - Baked/grilled tilapia (55)
 - Canned, drained tuna (66)
- Chopped hard-cooked whole egg (105)
- Boiled lentils (115)
- Medium cooked shrimp (39)
- Cooked ground turkey (85)
- Low-sodium turkey breast lunchmeat (44)
- Cooked ground beef (89)
- Diced baked ham (142)

Tip: Use lean meats and trim away extra fat for optimal nutrition. Be sure to cook meat to a safe internal cooking temperature.

6. Choose one leafy green vegetable.

Add 1 cup of leafy green vegetables to serve as the base of your salad. Examples include:

- Chopped fresh arugula (5)
- Chopped fresh cabbage (22)
- Chopped fresh kale (33)
- Shredded fresh romaine lettuce (8)
- Chopped fresh spinach (7)
- Fresh spring mix (8)

7. Choose one or more toppings.

Toppings enhance flavor, interest and nutrition in your salad creation. Add about 1 tablespoon of each desired topping. Calorie content shown is per tablespoon.

- Crumbled blue cheese (30)
- Plain croutons (8)
- Dried cranberries (25)
- Crumbled feta cheese (25)
- Nuts
 - Sliced almonds (33)
 - Chopped pecans (47)
 - Chopped walnuts (48)
- Canned, sliced, drained and rinsed olives (13)
- Roasted unsalted pumpkin seeds (18)
- Raisins (33)
- Shredded cheddar cheese (29)
- Roasted unsalted sunflower seeds (47)

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