

Chef's Corner



Mason Jar Salad

Recipe by: Jenny Pitcher, RDN, LD, CHWC

Salad

INGREDIENTS

- ½ cup cooked quinoa
- ½ cup halved grape tomatoes
- 2 cups spinach (or greens mix)
- ¼ cup roasted chicken
- 1 tablespoon walnuts
- ¼ cup garbanzo beans
- ¼ cup diced or spiralized zucchini

Dressing

INGREDIENTS

- 1 tablespoon wine vinegar
- 1 ½ teaspoon very finely minced shallot
- ½ teaspoon Dijon mustard
- ⅛ teaspoon salt
- Black pepper to taste
- 3 tablespoon extra virgin olive oil

ALSO TRY...

Lemon Vinaigrette: Substitute lemon juice for vinegar, omit shallot, add ¼ tsp lemon zest and a pinch of sugar.

Balsamic Vinaigrette: Substitute balsamic vinegar for wine vinegar, increase mustard to 2 tsp, and add ½ tsp fresh, chopped thyme.

Asian Vinaigrette: Substitute sesame oil for half the olive oil, substitute wine vinegar for rice vinegar, omit shallot and mustard and replace with 1 tsp minced ginger. Add 1/8 tsp hot pepper flakes, if desired.

INSTRUCTIONS

1. Pour dressing (recipe below) into bottom of a quart sized (32 ounce) Mason jar.
2. Begin layering ingredients, starting with chicken, garbanzo beans, quinoa, zucchini, nuts, tomatoes and ending with the spinach.
3. Seal with lid and store in refrigerator up to 2 days.
4. When ready to eat, shake to allow dressing to coat ingredients.

INSTRUCTIONS

1. Combine vinegar, shallot, mustard, salt and pepper to taste in a bowl or jar.
2. Whisk until mixture is milky in appearance.
3. Slowly drizzle oil into mixture.

Nutritional Information

Calories: 450

Fat: 20g

Sodium: 533mg

Carbohydrates: 47g

Dietary Fiber: 6g

Protein: 23g



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