

# SALAD IN JAR RECIPES

## Roast Beef and Potato Salad

*Servings: 4*

### ***Ingredients***

7 ounces baby potatoes  
1 tablespoon olive oil  
8 roast beef slices  
8 ounces cherry tomatoes, halved  
2 cups salad leaves

### **Dressing**

1 tablespoon horseradish  
1 tablespoon red wine vinegar  
1 teaspoon Dijon mustard  
4 tablespoons olive oil

### ***Preparation***

1. Preheat the oven to 350°F
2. Put the baby potatoes on a baking sheet and generously drizzle olive oil to coat them. Place the sheet into the oven and cook for 25 mins, or until they are golden brown and tender in the center. Remove from the oven and let them cool completely.
3. To make the dressing: Whisk together all the dressing ingredients until thoroughly mixed.
4. Divide the dressing among 4 pint-sized jars, followed by a layer of potatoes.
5. Next, add the roast beef, tomatoes, and salad leaves.
6. Cover with the lids, and refrigerate.

### ***Nutritional Facts (303 g per single serving)***

Calories 461, Fats 37 g, Carbs 22 g, Protein 14 g, Sodium 532 mg

# **Peppery Egg and Tuna Salad**

*Servings: 2*

## ***Ingredients***

6 boiled eggs, chopped  
2/3 cup low-fat mayonnaise  
½ cup pickles, chopped  
1 can (6 ounces) tuna in water, drained  
2 cups arugula  
½ cup walnut, chopped  
Salt and pepper, to taste

## ***Preparation***

1. In a medium bowl, mash the boiled eggs together with the mayonnaise. Season with salt and pepper to taste. Divide the egg mixture evenly into 2 quart-sized mason jars.
2. Finish off by layering the pickles, tuna, arugula, and walnuts
3. Cover with the lids and refrigerate.

## ***Nutritional Facts (360 g per single serving)***

Calories 601, Fats 39 g, Carbs 27 g, Protein 42 g, Sodium 1044 mg

# **Ranch Chicken Pasta Salad**

*Servings: 2*

## ***Ingredients***

6 ounces cooked pasta shells  
6 ounces cooked chicken, chopped into bite-sized pieces  
1 red bell pepper, chopped  
2 cups baby spinach

## **Dressing**

½ cup Greek yogurt  
½ cup sour cream  
1 lemon, juiced  
2 tablespoons parsley, minced  
2 teaspoons fresh chives, minced  
½ teaspoon dried dill  
½ teaspoon onion powder  
½ teaspoon garlic powder  
Salt and pepper, to taste

## ***Preparation***

1. To make the dressing: In a medium bowl, whisk together all the dressing ingredients until thoroughly mixed. Season with salt and pepper to taste.
2. Toss the cooked pasta with the dressing.
3. Divide the pasta between 2 quart-sized canning jars. Next, add the chicken and bell pepper, and finish it off with the spinach.
4. Cover with lids and refrigerate until ready to eat.

## ***Nutritional Facts (380 g per single serving)***

Calories 415, Fats 10 g, Carbs 38 g, Protein 42 g, Sodium 160 mg

# Italian Tortellini Salad

*Servings: 4*

## ***Ingredients***

4 cups cherry tomatoes, halved  
1 red onion, chopped  
1 cup green olives, sliced  
4 ounces cheese tortellini  
1 cup salami, sliced  
4 ounces goat cheese  
4 cups arugula

## Dressing

1 teaspoon honey  
 $\frac{3}{4}$  cup olive oil  
 $\frac{1}{4}$  cup red wine vinegar  
2 tablespoons Parmesan cheese, grated  
1 tablespoon dried parsley

## ***Preparation***

1. Bring a medium-sized pot of salted water to a boil. Cook the tortellini as per the package instructions. Drain the water, and rinse the pasta under cold water to stop it from overcooking. Set the tortellini aside in a clean bowl.
2. To make the dressing: In a medium bowl, whisk together all the dressing ingredients until the olive oil is well incorporated. Spoon 3 tablespoons of the dressing into each of 4 quart-sized canning jars.
3. Place the tomatoes on top of the dressing, followed by the onions, olives, tortellini, salami, goat cheese, and arugula.
4. Cover with lids, and refrigerate.

## ***Nutritional Facts (400 g per single serving)***

Calories 758, Fats 65 g, Carbs 28 g, Protein 17 g, Sodium 1382 mg

## **Black Bean and Corn Salad**

*Servings: 4*

### ***Ingredients***

2 avocados, cut into bite-sized pieces  
2 teaspoons lemon juice  
4 cups cherry tomatoes, halved  
1 red onion, diced  
2 cans (16 ounces) black beans, drained and rinsed  
8 ounces corn  
4 ounces pepper jack cheese, cut into bite-sized pieces  
4 cups romaine lettuce, chopped  
¼ cup cilantro, chopped

### **Dressing**

8 ounces salsa  
8 tablespoons plain Greek yogurt

### ***Preparation***

1. Toss the avocado with the lemon juice and set it aside.
2. In each of 4 quart-sized jars, mix 2 ounces of salsa with 2 tablespoons of yogurt for the dressing.
3. Next, layer the tomatoes, onions, black beans, corn, avocado, cheese, romaine, and cilantro, in that order.
4. Store the jars in the refrigerator until you're ready to eat.

### ***Nutritional Facts (679 g per single serving)***

Calories 506, Fats 20 g, Carbs 61 g, Protein 26 g, Sodium 905 mg

All the recipes are from Louise Davidson's *Salads in Jars Cookbook*. Click [here](#) to get the book.