

TASTES BETTER FROM SCRATCH

# BBQ Chicken Salad

MASON JAR RECIPE

MAKES  
4

## INGREDIENTS:

4 cups cooked, chopped chicken  
1/2 cup favorite BBQ sauce  
1 large carrot, shredded  
4 green onions, chopped  
1 can black beans, rinsed and drained  
1 can corn, drained (or frozen corn)  
1 red bell pepper, chopped  
3/4 cup jarred jalapeno or yellow peppers,  
(optional)  
1 cup shredded Monterey Jack cheese, or  
favorite kind

1/4 cup cilantro leaves, chopped  
8 cups finely chopped romaine lettuce  
**Cilantro Lime Ranch Dressing**  
1/2 cup Greek yogurt  
1 Tablespoon mayonnaise  
1/4 cup chopped cilantro  
1 Tablespoon lime juice  
1/2 teaspoon EACH onion powder, garlic  
powder, salt  
1/3 cup milk

## INSTRUCTIONS:

**Prep Chicken:** Add chicken to a bowl and toss with bbq sauce.

**Make Dressing:** Mix all dressing ingredients together until smooth.

**Assemble:** Add 1/4 cup of dressing to each jar. Top with carrot, onion, black beans, corn, bbq chicken, bell pepper, jalapeno, cheese and cilantro. Add lettuce, pressing down to pack it in and fill the jar. Apply lid. Store salads in fridge for up to 5 days.

**Serve:** Invert mason jar salad into a bowl, and enjoy!



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# Tortellini Caprese Salad

MASON JAR RECIPE

MAKES  
4

## INGREDIENTS:

10 oz. refrigerated brand tortellini  
1/2 of a red onion, diced  
2-3 cups cherry tomatoes, halved  
1 English cucumber, chopped  
1 cup mini mozzarella balls  
1/2 cup fresh basil leaves, chopped  
6-8 cups mixed greens  
salt & pepper to taste

## Balsamic Vinaigrette:

1/2 cup extra-virgin olive oil  
5 Tablespoons balsamic vinegar  
2 teaspoons Dijon mustard  
2 teaspoons honey  
1 clove garlic, minced  
1/2 teaspoon fine sea salt  
1/4 teaspoon pepper

## INSTRUCTIONS:

**Cook Tortellini:** according to package instructions. Drain, rinse under cold water, and set aside.

**Make Dressing:** Add all dressing ingredients to a bowl and whisk well to combine. Taste and adjust seasonings, as desired.

**Assemble:** Divide the dressing among the mason jars. Add onion, cherry tomato, cucumber, tortellini, mozzarella balls, and basil. Top with lettuce - tightly pack the jar. Add a pinch of salt and pepper, and then apply the mason jar lid. Refrigerate for up to 5 days.

**Serve:** Invert mason jar salad into a bowl, and enjoy!



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# Greek Salad

MASON JAR RECIPE

MAKES  
4

## INGREDIENTS:

1 English cucumber, chopped  
2 cups Campari tomatoes, chopped  
1/2 of a red onion, thinly sliced  
1 cup pitted Kalamata olives  
1 cup feta cheese crumbles (6 oz. container)  
6-8 cups mixed greens

## Dressing:

1/2 cup extra-virgin olive oil  
1/3 cup red wine vinegar  
2 teaspoons dried oregano  
1/2 teaspoon kosher salt, to taste  
1/4 teaspoon ground black pepper, to taste

## INSTRUCTIONS:

**Make Dressing:** Add all dressing ingredients to a bowl and whisk well to combine. Taste and adjust seasonings, as desired.

**Assemble:** Divide dressing among the mason jars. Add cucumber, tomato, onion, olives, feta. Top with mixed greens -- tightly pack the jar. Add a pinch of salt and pepper and then apply the mason jar lid. Refrigerate for up to 5 days.

**Serve:** Invert mason jar salad into a bowl, and enjoy!



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# Thai Salad

MASON JAR RECIPE

MAKES  
4

## INGREDIENTS:

1 orange bell pepper, chopped  
1 cup shelled edamame  
1 cup shredded carrot  
4 cups cooked, chopped chicken or shrimp  
4 green onion, chopped  
1/2 cup chopped cilantro  
2 cups tri-color coleslaw mix (or shredded cabbage)  
5 cups finely chopped romaine lettuce  
1/2 cup chopped peanuts

## Dressing:

1/3 cup peanut butter  
2 Tablespoons low sodium soy sauce  
3 teaspoons apple cider vinegar  
3 teaspoons honey  
3/4 teaspoon ground ginger  
5-6 Tablespoons warm water, to thin dressing  
as needed  
1/2 - 1 Tablespoon sriracha hot sauce, to taste

## INSTRUCTIONS:

**Make Dressing:** Add all dressing ingredients to a bowl and whisk well to combine. Add water to thin the dressing a little, to a smooth, creamy consistency.

**Assemble:** Divide dressing among the mason jars. Add bell pepper, edamame, carrot, chicken or shrimp, green onion, cilantro, coleslaw mix. Top with romaine to fill the jar, then a spoonful of peanuts. Apply lid and refrigerate salad for up to 5 days.

**Serve:** Invert mason jar salad into a bowl, and enjoy!

