

Mason Jar Salad

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Chef's note: This is a great way to package four individual lunches for your or your family ahead of time, and make them a grab-'n-go meal. For adults, the Mason jar presentation makes an attractive presentation for your office lunch. Rather than using the jars for kids, this salad can be packaged in a plastic to-go container. By adding beans or lentils to the mix, you have a serving of protein.

Ingredients

For the salad

2 ½ cups cooked quinoa
2 ¼ cups cooked wheatberries
1 cup edamame (frozen and shelled)
1 cup carrots, diced (about two carrots)
1 ½ cups red pepper, diced (about 1 large)
1 ½ cups green pepper, diced (1 large)
½ cup fresh parsley, finely chopped
4 500-ml mason jars

For the dressing

2/3 cup 100% pure orange juice
1/3 cup 100% pure apple juice
1 tablespoon apple cider vinegar
1 tablespoon fresh ginger, minced
1 tablespoon fresh lime juice
1/4 teaspoon kosher salt



Method of Preparation

1. Prepare both the quinoa and wheatberries according to package directions.
2. While grains are cooking, prepare the vegetables.
3. For the dressing, whisk together the orange juice, apple juice, vinegar, ginger, lime and salt, in a bowl or jar, and set aside.
4. When all the ingredients are ready, begin to assemble and layer individual salads in mason jars or individual plastic containers. Each portion should contain, in the following order, a half-cup of wheatberries, a quarter cup green pepper, a quarter cup red pepper, a half-cup quinoa, a quarter cup carrots, two tablespoon parsley, and quarter cup edamame. You may have to push it down a bit. Repeat as necessary and room permitting. Pack dressing separately, about 2-4 tablespoons per serving or as desired. When ready to eat, add dressing, shake (or turn out into a bowl), and enjoy.
5. Alternatively, you can mix the salad together into a big bowl along with the dressing. Will keep in the refrigerator for 5-6 days (without the dressing).

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