

MASON JAR RECIPES

Mason Jar recipes are great to take to work or travels to assure you have good fresh nutritious foods for your health :) Here is the basic recipe for a salad meal in a mason jar. Below that are several recipes, some quick and easy and some a little more detailed. Each recipe makes 4-6 mason jars so even the detailed recipes are great to have left overs to take for quick meals.

Basic Mason Jar Recipe:

Can make up to 5 ahead of time.

Take 1 to 5 1 qt. mason jars and put some olive oil /vingar / spices or other fat in the bottom. Next layer in your protein like chicken or meat, chickpeas, cheese etc. top that with a rainbow of vegetables and some greens/lettuce. Close lid tightly, when ready to eat shake and eat cold in summer, in winter best to pour it onto an oven safe bowl and warm it.

deconstructed sushi in a jar

ingredients per wide mouth pint jar:

- 3/4 cup cooked short grain brown rice
- 1 tablespoon rice vinegar
- 1-2 teaspoons soy sauce
- 1 sheet nori, cut into 1" X 1/4" pieces
- 1/4 cup shredded carrot or other veggie of your choice
- 1/4 cup cucumber matchsticks
- 1/2 an avocado, diced
- lime juice
- pickled ginger, to taste
- wasabi paste, to taste

While your brown rice is still warm, pour the rice vinegar and soy sauce over it and toss to combine. Let cool to room temperature. Adding the soy sauce to the rice saves you from having to lug soy sauce to school or work.

Cup up Nori and vegetables and layer as in picture.



Greek Mason Jar Salad:

layered from the bottom up:



1. lemon vinaigrette
2. raw zucchini
3. kalamata olives
4. chickpeas
5. red onions
6. crumbled feta cheese
7. tomatoes
8. pine nuts
9. romaine hearts and baby spinach

Keep in mind these are versatile so you can swap out anything you don't like for something else or leave it out entirely. They're quart sized and make a pretty big salad – filling enough for lunch or dinner.

PAD THAI MASON JAR SALAD w/ KELP or Soba NOODLES

Yields 4 Mason Jar Salads

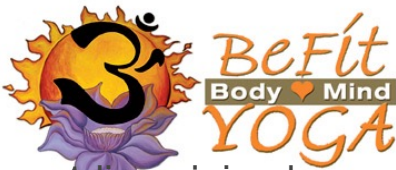
Ingredients

- 24 oz. package kelp noodles* or Soba noodles
- 1 1/2 cups shelled edamame
- 2 sliced lettuce/arugula/mustard greens or greens of your choice
- 2 cups bean sprouts
- 2 cups chopped onion
- 1/2 cup chopped cilantro
- 1/2 cup chopped basil
- 1/2 cup sesame seeds

Almond Thai Dressing:

- 1/4 cup almond butter
- 1/4 cup water
- 2 Tablespoons tamari (or low-sodium soy sauce)
- 1 Tablespoon toasted sesame oil
- 1 Tablespoon maple syrup





- 1 lime, juiced
- 1 garlic clove
- 1/4 inch piece fresh ginger, peeled (or 1 tsp. ground ginger)
- pinch of salt

Instructions

- 1 To make the dressing, add all of the dressing ingredients to a food processor and blend until smooth. If the dressing is a little thick, add water 1 Tablespoon at a time. Dressing will naturally thicken when stored in the refrigerator.
- 2 Rinse the kelp noodles under cold water (helps remove the saltiness). If using soba noodles, cook and cool. Soba noodles will make it a little heartier.
- 3 To assemble the mason jar salads, place 4 32oz. mason jars on the counter. From bottom to top, distribute the following ingredients evenly among each jar: dressing, noodles, edamame, greens, onions, bean sprouts, cilantro, basil, sesame seeds, more noodles.
- 4 Screw on the lids and store in the refrigerator for up to 4 days. When ready to eat, flip the jar onto the plate to make sure you get the dressing on all of the veggies!

*You could sub soba noodles for kelp noodles for a heartier salad. Cook the soba noodles as directed and let cool before adding to the mason jar. So what exactly are kelp noodles?

They are **clear, thin noodles made from kelp**, a brown seaweed that is high in iodine (good for boosting metabolism and energy!). They really don't taste like much, but add a nice, crunchy texture to salads or when used as a noodle substitute. They are extremely low in calories and can be found at your local Whole Foods store or Asian market.

Pesto Pasta Mason Jar Recipe

INGREDIENTS:

- Box of spiral pasta or your choice . . . with gluten or not . . .
- 1 Cup of Pesto Sauce — Homemade (click here <https://www.befityoga.com/philosophy-lifestyle/yoga-nutrition/> and go to summer or spring recipes for many different pesto recipes (cilantro pesto, basil pesto, mustard green pesto, spinach pesto)
- 2 Garlic Cloves
- 1 Red Onion
- 1/2 Cup Pine Nuts
- Fresh Basil



- Parmesan cheese
- Optional add ins: Tomatoes, or grilled chicken or fish to make it a meal.

Make your pasta and mix in pesto, onion, garlic, pine nuts.
Place in Jar and top with cheese and basil.

SOUTHWEST ZUCCHINI NOODLE MASON JAR SALAD WITH AVOCADO DRESSING

Ingredients

Avocado Dressing Ingredients:

- 1 ripe avocado
- 1 (5.3-oz) container plain fat-free Greek yogurt
- 2 Tbsp. sliced green onions
- ½ jalapeno, chopped
- 1 garlic clove, minced
- ¼ cup light sour cream
- handful cilantro (about ¼ cup)
- 1 tsp. fresh lemon juice
- ⅛ tsp. pepper
- ¼ tsp. salt

Mason Jar Salad Ingredients:

- cauliflower, cooked and chopped OR other veggies of your liking
- cooked chicken, diced (opt.)
- black beans, drained and rinsed
- tomatoes, chopped
- spiralized zucchini



Instructions

- 1 Blend all the ingredients listed for the avocado dressing in a blender: avocado, yogurt, green onions, jalapeño, garlic, sour cream, cilantro, lemon juice, salt and pepper. Blend until combined and creamy.
- 2 Pour dressing into bottom of Mason jars. The amount of jars you will fill depends on how much dressing you want in your mason jar salad.
- 3 Place vegetables on top of avocado dressing in the order listed: cauliflower, chicken, black beans, tomatoes, spiralized zucchini. Place lid on top and refrigerate until ready to eat. Can eat straight from the jar or dump out into a bowl. Enjoy!

ROASTED TOMATO CAPRESE MASON JAR SALAD

Yields 4 mason jar salads

Ingredients

- 2 cups grape tomatoes
- 1 cup fresh mozzarella, cubed
- 1/2 cup basil, chopped
- 4 cups spinach
- Balsamic Dressing:
 - 1/4 cup olive oil
 - 1/3 cup balsamic vinegar
 - 1 Tablespoon dijon mustard
 - 1 garlic, grated
 - 1/2 teaspoon oregano
 - 1/4 teaspoon salt

Instructions

- 1 Preheat oven to 425 degrees.
- 2 Place the grape tomatoes on a baking sheet and drizzle with olive oil. Roast in the oven for 5-10 minutes, or just until the skin is beginning to burst. When done, set aside to cool about 10 minutes.
- 3 Meanwhile, make the dressing. Add all of the ingredients in a bowl and whisk to combine. Set aside.
- 4 To assemble the mason jar salad, add 3 Tablespoons dressing to the bottom and then layer from bottom to top in this order: 1/2 cup roasted tomatoes, 2 Tablespoons chopped basil, 1/4 cup cubed mozzarella and 1 cup spinach. Screw the lid on and store in the refrigerator for up for 4 days!



Healthy Homemade Instant Noodles (Sesame Ginger)

An easy, healthy, portable work lunch. Just add water when you are ready to enjoy!

SERVES: 1

Ingredients

Per cup:

2 teaspoons [chicken stock concentrate](#) (*see note)

1 teaspoon sesame oil

2 teaspoons soy sauce

½ teaspoon ginger, finely grated

1 cup pasta of your choice or Soba noodles cooked al dente.

½ cup veggies either cooked & cooled or from frozen

¼ cup shredded chicken or garbanzo beans or lentils

1 teaspoon toasted sesame seeds

Here's how it goes:

- On the bottom layer: your flavorings. In this case: sesame oil, soy sauce, ginger and chicken stock concentrate (I recommend [Better Than Bouillon Chicken Base](#) because the ingredients are natural).
- Next: your noodles cooked al dente.
- Next: veggies. You can use cooked vegetables, maybe some fresh spinach, or frozen vegetables. (Make sure to thaw your frozen veggies before adding the water!)
- Next: some rotisserie chicken. You can poach and shred your own if you wish. Or beans.
- Finally: a sprinkling of toasted sesame seeds...for a little extra sesame flavor.

****One important note:** I used mason jars for these photos because I wanted you to be able to see the contents, however heating the jars too quickly can result in explosion, and we don't want any exploding instant noodles . . . If you let the water rest a few minutes after boiling before you pour it in the jar or Instead of mason jars I recommend [these stoneware mugs](#) which are totally safe to add boiling water to!

Recipe Variations:

- swap the whole wheat spaghetti for zucchini and carrot noodles
- swap the chicken for chickpeas



Instructions

Add ingredients to a portable stoneware mug with lid in the order listed above.

When you are ready to enjoy, fill with boiling water up to an inch below the top of the mug.

Put the lid back on and steep for 2-3 minutes.

Stir for a few minutes to ensure that all stock concentrate has dissolved.

QUINOA SALAD



- 1 ½ Cup of Cooked Quinoa
- 1 Cup Chopped Bell Pepper
- 1 Cup of Halved Grape Tomato
- ½ Cup of Chopped Onions
- ½ Cup Chopped Carrots
- 1 Tsp Extra Virgin Olive Oil
- ¼ Cup of parsley
- 2 Tsp Aged Balsamic Vinegar
- ¼ Tsp Red Pepper Flakes (Optional)
- Pink Sea Salt to taste

Directions:

Combine all the ingredients together!

This is one of those things that taste better the next day.

You can make this ahead of time or this can be a prepped day salad for later.

Makes 3 Servings:

Bake & Take Breakfast: Omelet in a Jar



Ingredients

- 6 Wide-Mouth 1/2 Pint Canning Jars
- coconut or avo oil to grease jars
- 3 ounces meat if you eat it! (Opt.)
- 6 cups chopped kale
- 1 clove garlic pressed or minced
- 1/2 medium onion, chopped



- 2 tablespoons ghee, butter or coconut oil
- 3 ounces Shredded Cheese of your liking
- 1/4 teaspoon sea salt (real salt)
- 1/8 teaspoon black pepper
- 1 wedge Fresh Lemon Juice
- 1 pinch crushed red pepper flakes
- 12 large eggs beaten

Instructions

- 1 Preheat oven to 350 degrees F. Prepare jars by lightly coating with oil and placing on a cookie sheet. Set aside.
- 2 In a skillet over medium heat, cook meat (if using it) until no longer pink. Remove from skillet, drain and set aside. You can use beans in place of meat to keep it hearty.
- 3 In the same (dirty) skillet, cook kale, onion and garlic in ghee over medium heat until soft and cooked through. Season with a pinch of sea salt & black pepper, crushed red pepper and lemon juice. Remove from heat.
- 4 Add meat or beans to kale mixture and mix well. Divide between prepared jars and top with shredded cheese.
- 5 Season beaten eggs with sea salt and pepper. Divide between jars and using a fork lightly mix.
- 6 Bake for 15-20 minutes at 350 degrees or until cooked through*. Fill a large pan (I used a 9x13) with water and place the jars into it. DO NOT skip this step, or you'll heat the jars too fast and they might explode! Cover the tops with parchment paper and bake until the edges are lightly golden. Remove the pan from the oven and let stand in the water for 10 minutes, so you don't shock the glass.
- 7 Allow to cool completely, then cover with a lid and refrigerate. Reheat for a quick, make-ahead breakfast.

Recipe Notes

*They will puff up when cooked through, but will fall back to fit into the jar while cooling.

Healthy Layered Salmon Salad Mason Jars

INGREDIENTS

- white beans, rinsed well and tossed with olive oil and dried dill — you can use canned but I prefer dried beans, soaked overnight then boiled for an hour or so then cooled.



- sliced black olives
- minced red onion
- sliced celery, plus leaves
- 5 ounce smoked clean salmon (www.wildforsalmon.com)
- 1 hard cooked egg
- more sliced olives
- salt and pepper to taste

DRESSING

- 1/4 cup extra virgin olive oil
- juice of 1/2 - 1 lemon
- fresh thyme leaves (can omit if used dill with white beans or leave it for more medicine :)
- salt and pepper to taste

INSTRUCTIONS

Whisk together the dressing ingredients and taste to adjust anything. Dressing can be poured in first or put in a separate jar and poured over just before eating.

Layer a large quart sized wide mouth mason jars with the ingredients in the order listed.

Season the layers lightly with salt and pepper if desired. Store the jars in the refrigerator for up to 2 days.



Mason Jar Lasagne

Ingredients

- 2 Large zucchinis
- 2 tsp Salt, divided
- 1 Tbsp Olive oil
- 1/2 Cup Onion, diced
- 1/2 Tbsp Garlic, minced
- 1/2 Tbsp Italian seasoning
- 1/2 tsp Ground oregano
- Pepper
- 6 Tbsp Canned tomato sauce
- 6 Tbsp Crushed tomatoes

- 8 Ricotta cheese (1 Cup)
- 1 Egg yolk
- 1/4 Cup Parsley, Minced
- 1 Cup Grated Part-skim Mozzarella cheese, Lightly packed (4 oz)
- 4 tsp Grated Parmesan cheese (I use the very fine kind from the shaker jar)

Instructions

- 1 Preheat your oven to 350 degrees.
- 2 Using a mandolin, slice the zucchinis 1/8 inch thick and lay them flat onto a large baking sheet (it's okay if they overlap a little bit.) Sprinkle them evenly with 1 1/2 tsp of the salt (reserving the rest for later) and bake until the water is released and the edges begin to crisp up a little bit, about 15-25 minutes.
- 3 Once done, lay the zucchini slices out in one layer on paper towel. Use another paper towel to press out as much excess moisture as you can. Repeat, using a different paper towel on top (you can leave them laying on the same paper towel for both times.) Reduce your oven temperature to 325 degrees.
- 4 Heat the olive oil in a large frying pan over medium/low heat. Add in the onion, and garlic and cook lightly for a moment. Add in the Italian seasoning, oregano, remaining 1/2 tsp of salt and a generous pinch of pepper and cook for a minute or two. Set aside.
- 5 In a small bowl, whisk together the tomato sauce and crushed tomatoes. Season with a pinch of salt and pepper. In a separate bowl, whisk together the ricotta cheese, egg and a pinch of salt and pepper until well combined.
- 6 Layer half of the sauce between the 4 mason jars (about 1 heaping Tbsp each) and spread it out. Then, layer half of the cooked vegetables between all 4 jars, spreading out evenly (about 2 heaping Tbsp) Then, layer half of the zucchini noodles* (about 2 noodles per jar) between all 4 jars. I find it easiest to cut them in half and layer them that way. Then, it's time for half of the ricotta mixture (about 2 Tbsp per jar.) Then, half of the parsley between all 4 jars (about 1/2 Tbsp each.) Finally, sprinkle on half of the Mozzarella between all 4 jars (about 2 Tbsp each.) After you sprinkle on the cheese, make sure to press the lasagna to pack it in, so you can fit everything in.
- 7 Repeat the same layers, sprinkling the tops of each jar with 1 tsp of Parmesan.
- 8 Fill a large pan (I used a 9x13) with water and place the jars into it. DO NOT skip this step, or you'll heat the jars too fast and they might explode! Cover the tops with parchment paper and bake until the edges are lightly golden, about 30 minutes. Uncover and bake an additional 10-15 minutes.
- 9 Turn your broiler to high and broil for 1 minute — until the top is golden brown.
- 10 Remove the pan from the oven and let stand in the water for 10 minutes, so you don't shock the glass.



Recipe Notes

*Use your thinnest zoodles first, to make sure they don't take up too much space, and you can't fit all the layers in!