

FUN WITH JARS

Nancy's Raspberry Vinaigrette Salad Dressing

- 1/8 cup sugar
- 1/2 tsp. dry mustard
- 1/4 tsp. salt
- 1/4 tsp. onion powder (or dried onion flakes OR 2 Tbsp. finely chopped onion)
- 1 tsp. poppy seeds
- 1 tsp. Raspberry (or Strawberry) jam
- 1/3 cup red wine vinegar (Raspberry Wine Vinegar is yummy)
- 1/3 cup water
- 1/3 cup oil (not olive oil)

Mix in jar; shake well. Refrigerate for up to 2 weeks.

~ Nancy Nethercott

Other Dressing ideas:

Refreshing sweet and sour dressing (enough for 2 jars):

- ½ lemon
- 1 tbsp honey
- 5 tbsps olive oil
- Pinch of cumin
- Pinch of salt
- Couple of chili flakes (or dried cayenne pepper will do the trick nicely)

Asian Style Peanut Butter Dressing (enough for 2 jars):

- 1 tbsp peanut butter
- 1 tbsp soy sauce
- 1 tbsp honey or maple syrup
- 1 tbsp vinegar or lemon juice
- 2-3 tbsp water
- A pinch or two of chopped or grated ginger

Strawberry-Mint Dressing (for Fruit Salad) (enough for 2 jars):

Blend in a food processor or blender:

- 1 cup fresh strawberries
- 1/8 cup fresh mint
- 1/8 cup honey
- 1 tbsp fresh lemon juice

Ideas for Veggie Salad in a Jar

Ingredients (ideas for you to choose from or use what you like!)

- 1-2 Clean jars with lid (around 24oz/ 700ml)
- Layer 1: your favorite dressing
- Layer 2: chunky, thicker veggies like: tomatoes, cucumbers, red onion, asparagus, celery, peppers, carrots, meat – chunks of ham, cooked or canned chicken, tuna,
- Layer 3: mushrooms, zucchini, beans, lentils, peas, corn, broccoli, slaw, olives
- Layer 4: boiled eggs and cheese (feta, gouda, cheddar etc.), avocado, fruit – strawberries, raspberries, apples
- (Layer 5: rice, pasta, quinoa or couscous)
- Layer 6: nuts and greens as lettuce, spinach, or arugula

Ideas for Fruit Salad in a Jar

- Layer 1: your favorite dressing
- Layer 2: chunky, thicker fruits like: pineapple, watermelon, apples, cantelope
- Layer 3: strawberries, oranges
- Layer 4: mango, kiwi
- Layer 5: blueberries, raspberries
- Fresh mint for garnish

INSTRUCTIONS

- Get all the ingredients ready: wash, peel, cut the veggies/fruits. Boil the pasta, quinoa, or rice.
- Prepare the dressing(s)
- Once everything is laid out layer all the ingredients according to the layers into the jars. Then put the lid on top and off they go into the fridge. Before eating, turn the jar over a couple of times, then pour out onto a large plate and ENJOY!