



When making Salads in a Jar put the items that have the highest moisture content in the bottom. Separate the greens from the dressing with garnishments

- Use a wide mouth canning jar to store the salad in the refrigerator
- When the vegetables are washed in cool soapy water, rinsed and dried they will last longer because the bacteria is removed. If prepared this way the salads in the jar will last about 6-7 days. If meat is added it will shorten the life of the jar.
- Greens to use: Romaine Lettuce, Green or Red Leaf Lettuce, Spinach. Don't use Iceberg Lettuce because it turns brown to quickly.
- The recipes in the printable file include low or no fat salad dressings. Low or no fat salad dressings are best to use in the jars because the dressing won't separate in the jar. Salad dressings with fat can set up and the fat could become hard when it's in the refrigerator. Creamy salad dressings, such as Ranch Salad dressing, are not recommended because they can get stuck in the jar. Use a rubber scraper or long spoon to help remove the creamy salad dressing.
- If you purchase salad dressing at the store that has oil, the top layer of oil can be poured off the dressing and replaced with water.
- If salads include meat products they need to be eaten within 3-4 days. Deli meats will last 6-7 days
- Some of the garnishments will soften in the moist jar. Garnishments such as nuts, croutons, or rice noodles can be put in a plastic bag. Place the bag on the top layer of the jar before closing the lid.
- Salads in a Jar are ideal to make for a group of people because they can be prepared a day or two before the event. They also travel well in a cooler and are great to make ahead of time and take on a picnic or camping.

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Washing Produce

Produce is a raw product, grown in dirt and it is handled by lots of people before it ever gets into your kitchen. Bacteria can be transferred from dirt residue and from any of the people handling the produce before and after it arrives in the supermarket.

To ensure the safety of your produce, including organic produce, it's important to wash it well, using proper technique. Experts say it's better to be safe and wash all produce, even produce with tough skins and rinds, to remove any dirt, pesticides, or bacteria. Produce with skin or a rind could have salmonella on it, which can be transferred to the knife and contaminates the flesh of the produce if you don't wash it.

Six tips for proper cleaning and handling of fresh produce

- Wash your hands thoroughly, using warm water and soap, for at least 20 seconds before and after handling food. Dirty hands are a very common source of bacterial contamination, so hand washing is one of the most important things you can do to reduce the incidence of food-borne illness.
- Clean your counter top, cutting boards, and utensils after peeling produce and before cutting and chopping. Bacteria from the outside of raw produce can be transferred to the inside when it is cut or peeled. One potential source of contamination is your own kitchen. Knives, cutting boards, counters, plates, and sponges should be cleaned with soap and water to prevent contamination. Avoid using sponges because they stay moist and are often breeding grounds for bacterial contamination.



- Fill the sink with cold water and add 1 drop of dish soap. I use Palmolive "Pure and clear" because it doesn't have any fragrances, dyes and doesn't contain Phosphate. You do not want to put the amount you would when wash dishes. The Federal Drug Administration states there is no need to use soap products when washing produce but the reason they discourage the use is because the use of too much soap can leave a residue. Dish Soap is not approved by the USDA to be eaten, therefore you don't want to soak the produce to avoid the soap being absorbed. Rub the produce with your hands, or scrub with a vegetable brush, to remove potential bacteria in all the grooves and crevices.
- Another technique is to presoak greens for five minutes in a mixture of vinegar and water (1/2 cup distilled white vinegar per two cups water), which should be followed by a clean water rinse. This has been shown to REDUCE but NOT eliminate bacteria contamination, and it may slightly affect texture and taste.
- Rinse the produce very well under a stream of cool water or using the spray nozzle on your faucet.



- Let the produce dry in the dish drainer. Pictured on the right is lettuce drying. Rolling greens up in a dish towel to help it dry faster. It can be stored in the refrigerator this way and it will prolong the life of the lettuce or greens.
- Do not rewash packaged products labeled "ready-to-eat," "washed" or "triple washed"



Salads in a Jar and other produce should be kept in a clean refrigerator at 40 degrees or below, Always refrigerate produce that was purchased pre-cut or peeled to maintain quality and safety. Do not store meat product above produce to avoid contamination.

Do Commercial Fruit and Vegetable Washes/Rinses actually work?

Taken from the University of Maine - <http://umaine.edu/publications/4336e/>

Chemical rinses and other treatments for washing raw produce—usually called fruit and vegetable washes—are now being sold. They are often advertised as the best way to keep fresh fruits and vegetables safe in the home. But are these washes effective?

In the fruit and vegetable product industry, chlorine is commonly used to remove microbes such as bacteria and mold from produce. In the home, a water wash, either with or without the help of a produce brush, is typically used to clean fruits and vegetables. So

In the Department of Food Science and Human Nutrition at the University of Maine, researchers tested three commercial wash treatments:

- Fit® (Proctor & Gamble, Cincinnati, OH)
- Ozone Water Purifier XT-301 (Air-Zone Inc., Leesburg, VA)
- J0-4 Multi-Functional Food Sterilizer (Indoor Purification Systems, Layton, UT)

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All three products were tested according to product directions. We used low-bush blueberries as the produce. A water wash was also tested, using blueberries soaked in distilled water for one to two minutes. Here are the results:

- Fit® washes got rid of roughly the same amount of microbes as distilled water. Both Fit® and distilled water reduced the level of residual pesticides compared to the unwashed samples.
- Both ozone systems—the Ozone Water Purifier XT-301 and the J0-4 Multi-Functional Food Sterilizer—removed microbes from the blueberries. However, the distilled water wash was more effective than either of the ozone washes.
- Because some produce washes are costly, we advise consumers to wash fresh fruits and vegetables with distilled water. Soak all produce for one to two minutes to reduce the risk of food-borne illness.

Why use distilled water? Because distilled or bottled water has been filtered and purified to remove contaminants. NOTE: You can also use very clean cold tap water to clean produce instead of distilled water.

Salad Dressings

The Recipes on the Homemaking Divas website are very healthy because they are low fat or no fat, low in sugar or no sugar and very low in calories.

The Shelf life of homemade salad dressing



When I make meal in a jar recipes and calculate the shelf life of the bottle I list the shelf life of each ingredient. The ingredient with the shortest shelf life becomes the shelf life of the recipe.

When calculating the shelf life of a salad dressing it is very different because not only do you have to look at the shelf life of each ingredients, but some of the ingredients change when they are mixed with other items. An example of this is the classic homemade garlic oil: you can keep pure garlic and pure oil for months in the pantry, but once you combine them, you get a botulism risk.

To further explain the shelf life I want to focus on the ingredients in these two examples:

A mixture of oil, vinegar and pure emulsifier: Oil keeps for months because it has no carbs, so nothing for bacteria to eat. Vinegar can have a few carbs, but not a lot, and it also has a very low pH, so bacteria die in it. The combination still won't have enough carbs for bacteria, and will still have a low pH. So the mixture will keep for very long time, just like pure vinegar or oil

A mixture of vinegar with honey and water. Honey doesn't go bad by itself, because the carbs are too concentrated for bacteria. The vinegar and water will dilute them, so this mechanism of bacteria prevention vanishes. The pH of the mixture will probably rise a lot too, because the vinegar gets diluted, so no protection on that front either. Thus, this mixture is apt to go bad much earlier than pure vinegar or pure honey.



When making homemade salad dressings I try to only make the amount that I need for the salads that will be eaten within one week. I don't keep left over homemade salad dressings in the fridge to use at a later date.

As a Rule of thumb, Plan 2-3 Tablespoons of salad dressing for each jar. If you put 2 Tablespoons of salad dressing in each jar this is the amount of salad dressing needed

1/4 cup of dressing	2 salad jars	2/3 cup of dressing	6 salad jars
1/3 cup of dressing	3 salad jars	3/4 cup of dressing	6-7 salad jars
1/2 cup of dressing	4 salad jars	1 cup of dressing	8 salad jars



Salad Dressing contains oil to allow the other ingredients in the dressing to be suspended in the emulsion, spreading the ingredients throughout the salad. It helps the spices and liquid cling to the salad ingredients rather than drip off and pool on the plate. Oil also gives a rich smooth feeling in your mouth, mellowing out the sharpness of the other ingredients like citrus juice, vinegar, herbs, and spices. How can you replace the magical ingredient if you don't want all those calories?

My answer to that question... I replace the oil with water and add Ultra Gel. When you remove or lower the oil in a salad dressing it becomes runny or has a watery consistency so I started thicken the salad dressing with Ultra Gel. Ultra Gel is an instant modified food starch that can be used in hot or cold liquids. Ultra Gel can be found in most stores that have canning products for sale. I discovered Ultra Gel when I was making non-sugar jam. It is a gluten free product that can be used as a substitute for cornstarch, flour and tapioca in all thickening applications.

A bag of Ultra gel goes a long ways when making salad dressings. I figured I average about 1 tablespoon of Ultra Gel to make salad dressing for 4 salads. According to my calculations, a 1 pound bag of Ultra Gel will do 120 recipes of salad dressing, or about 500 servings of salad dressing.

The creamy style salad dressings, like Ranch salad dressing, do not work very well in the jars because it is very thick and you need a long spoon to scrap it out of the jar. Instead of putting this type of salad dressing in the jar I put it in 2 1/2 ounce Solo plastic cups that have lids. I found 2 1/2 ounce cups and lids at a local restaurant supply store, Orson Gygi, in Salt Lake. Also on www.homemakingdivas.com there is a link to purchase some cups and lids on Amazon.com. The cost is about the same at both locations.



Have you ever heard of people freezing left over salad dressing in ice cube trays? I put left over Vinaigrette in these cups and freeze them to use in a couple of weeks. It helps add variety to my salads so I can take a different salad to work every day.



If you don't want to make salad dressing you can purchase salad dressing at the store. Choose a low calorie salad dressing that is lighter in oil or fat free. Pictured is Italian Salad dressing. The yellow lines on the picture is the oil line in the salad dressings As you can see, the lite salad dressing has less oil and is a healthier choice.

Lite salad dressing Regular salad dressing

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In the picture left the Lite Italian salad dressing has 40 calories in 2 Tablespoons and the bottle has very little oil.



The photo on the right is regular Italian salad dressing with 120 calories in 2 tablespoons. When you pick up the bottle from the shelf the oil has separated and floating on top of the spices. Half of this bottle is filled with oil.

I like to purchase the lite salad dressing and then pour the oil from the bottle until the spices start coming out. Refill the bottle with water. Shake the salad dressing. In These pictures I used Newman's brand of Balsamic Salad Dressing and removed 1/3 cup of oil. When I added the water it didn't make the salad dressing runny. Do not use regular salad dressing when removing the oil because I believe it will change the chemistry of the salad dressing and change the shelf life.

Your taste buds won't miss the oil but your hips will thank you.



Salad In A Jar Layers



Salad Dressing: Pour 2-3 tablespoons of salad dressing in the bottom of the jar. Adjust the amount of dressing depending on the size of the salad you are making and your personal preference.

Beans, Grains, and Pasta: Next, add any beans, grains, and/or pasta, like chickpeas, black beans, cooked barley, cooked rice, and pasta

Proteins: Add a layer of proteins like tuna fish, cooked chicken, diced ham, cooked shrimp, and hard boiled eggs

Moist and Heavy Vegetables: Next, add any hard chopped vegetables you're including in your salad, like tomatoes, carrots, cucumbers, red and green peppers, cooked beets

Softer Vegetables and Fruits: Next, add any soft vegetables or fruits, onions, or dried apricots, grapes, water chestnuts, mandarin oranges, dried cranberries, frozen peas

Cheese: Add a layer of diced or crumbled cheese

Lighter Grains: If you're making a salad with lighter, more absorbent grains like quinoa or millet, add them in this layer.

Salad Greens: Last but not least, fill the rest of the jar with salad greens. Use your hands to tear them into bite-sized pieces. It's fine to pack them into the jar fairly compactly. Use Romaine Lettuce, Green or Red Leaf Lettuce, Spinach. Don't use Iceberg Lettuce because it turns brown too quickly.

Garnishments: Ingredients that need to stay dry like croutons, rice noodles, nuts, and sunflower seeds.

Storing the salad: Screw the lid on the jar and refrigerate for up to 5 days. Also, if you have a vacuum-sealer attachment for your canning jars, vacuum-sealing the salads right after assembling them will keep your greens and veggies even crisper and fresher.

Tossing and serving the salad: When ready to eat, unscrew the lid and shake the salad onto a plate or bowl. The action of shaking the salad into the bowl is usually enough to mix the salad with the dressing. If not, toss gently with a fork until coated.



Salads in a Jar Recipes on www.homemakingdivas.com

All Recipes have Non-Fat Salad Dressing

Chicken Recipes - This chapter teaches how to prepare enough chicken for a meal plus salads. Included are recipes to marinate chicken and 4 Make A Mix recipes

- Teriyaki Bowtie Pasta Salad
- Quinoa with Apricots and Pistachios, Lime Vinaigrette
- Green Salad with Italian Make A Mix Salad Dressing
- Italian Pasta Salad
- Crunchy Asian Salad
- Spinach Grape Salad with Raspberry Vinaigrette
- Chicken Taco Salad
- BBQ Chicken Salad
- Gorgonzola Apple Salad with Red Wine Vinaigrette and a recipe for Cinnamon Candied Walnuts



Turkey Recipes – Learn how to cook a small bone in turkey breast in a slow cooker to make a couple of meals plus salads.

- Cashew, Grape, Cranberry Salad with Poppy Seed Dressing
- Havana Salad with Lime Vinaigrette
- Cabbage Chicken Salad
- Fuji Apple Salad with Apple Vinaigrette
- Turkey Salad with Cranberry Vinaigrette
- Turkey with Sunflower Seeds and Cranraisins
- Greek Salad



Miscellaneous Salads

- Ranch Tortellini Salad
- Cobb Salad
- Pizza Salad in a Jar
- Hot Taco Beef Salad
- Thai Pasta
- Italian Roasted Vegetable Salad
- Wagon Wheel Pasta Salad
- Chopped Coleslaw that lasts a month in the jar



Seafood Recipes

- Crab with chick peas
- Lemon Salmon with Roasted Vegetables
- Shrimp Salad with Garlic Lemon Salad Dressing
- More to Come

Decorate Jars for a party or gift

- Welcome to the neighborhood jars
- Baby Shower
- Mother's Day
- Hide Easter Eggs in the Jar
- Fourth of July Salad Explosion
- Ladies Spring Luncheon with edible Pansies
- Relief Society Birthday Party
- Salads on the Go - Picnics, camping and take them to work

