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Lunch

Mason-Jar Friendly

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Zucchini Pasta Salad w/ Avocado Spinach Dressing

Sugar-Free Mom



2 servings



10 minutes

INGREDIENTS

1 ½ cups spiraled zucchini

½ cup shelled edamame

½ cup sliced celery

½ cup chopped red bell pepper

½ cup cherry tomatoes

Optional:

¼ cup feta cheese

2 tablespoons kalamata olives

Avocado Spinach Dressing

½ cup fresh packed spinach

½ ripe avocado

juice of 1 lemon

2 tablespoons extra virgin olive oil

2 tablespoons Greek yogurt plain, 2%

½ teaspoon salt

¼ teaspoon pepper



INSTRUCTIONS

1. Spiral or shred or thinly slice zucchini. Set aside.
2. In a high powdered blender mix dressing ingredients until smooth.
3. Pour ½ the dressing into the bottom of 2 mason jars.
4. Add celery on top of dressing.
5. Add peppers on top of celery then top with edamame or chicken.
6. Sprinkle feta cheese then add tomatoes and olives.
7. Last place ½ the spiraled zucchini into each mason jar.
8. Cover and refrigerate. Last up to 5 days.
9. Once ready to eat, shake the jar vigorously then pour onto a plate. Toss with fork if needed to mix dressing.

NUTRITIONAL INFORMATION

Calories 298

Fat 23g

Protein 11.5g

Sugars 9.2g

Carbohydrates: 20.7g

DIY Instant Noodle

The Kitchn



1 serving



10 minutes

INGREDIENTS

1 to 3 teaspoons flavor base — soup stock paste, miso paste, curry paste

1 to 3 teaspoons flavoring extras, optional — chili-garlic sauce

1/4 to 1/2 cup filler ingredients

- frozen corn, frozen carrots, frozen peas, diced tofu, leftover cooked meat, dried or thinly sliced mushrooms, thinly sliced spinach or other hearty greens, kimchi

3/4 to 1 cup noodles

- cooked udon, cooked yakisoba or ramen, cooked soba noodles, cooked spaghetti or fettuccine, cooked rice noodles,

1/4 to 1/2 cup fresh ingredients — fresh herbs, sliced green onions, bean sprouts, sliced lime or lemon



INSTRUCTIONS

1. Place flavor base and flavor extras in the bottom of the cup: If it's a paste, like soup stock or miso paste, spread it around a little so it dissolves more easily once you add the hot water. Also add any flavoring extras.
2. Top with filler ingredients: Scatter your filler ingredients over the top of the paste. It's OK if they get mixed in with the flavor base and extras.
3. Add the noodles: Pack the noodles down so they're fairly compact. It's fine if they stick together — they will un-stick once you add the water.
4. Finish with the fresh ingredients: If you'd like to keep these from getting mixed into the hot soup, pack these into a baggie that can be removed just before you add the water.
5. Seal and refrigerate: Place the lid on the container and refrigerate for up to a week. Use a dry-erase marker or masking tape label to write the contents of each jar so you can easily grab whichever combo of ingredients you want that day. (It's best to keep the jars refrigerated until you're ready to eat)
6. Top with hot water
7. Cover and steep:
 - a. Place the lid back over the container.
 - b. Let the soup steep for 2 to 3 minutes, stir thoroughly
 - c. Eat right away!

NUTRITIONAL INFORMATION

Calories 79

Fat 1.3g

Protein 3.7g

Sugars 2.1g

Carbohydrates: 15.2g

Chicken Salad with Japanese Hibachi Dressing

EatingWell



4 servings



30 minutes

INGREDIENTS

½ cup mayonnaise

3 tablespoons rice vinegar

2 tablespoons reduced-sodium tamari or soy sauce

2 tablespoons toasted sesame oil

1 teaspoon minced garlic

1 teaspoon grated fresh ginger

3 cups shredded cooked chicken

1 cup chopped red bell pepper

3 cups thinly sliced red cabbage

1 cup shredded carrot

4 cups packed chopped kale

4 tablespoons lightly salted pepitas



INSTRUCTIONS

1. Whisk mayonnaise, vinegar, tamari (or soy sauce), oil, garlic and ginger in a small bowl.
2. Divide the dressing among 4 quart-size mason jars. Add layers of chicken, bell pepper, cabbage, carrot and kale.
3. To serve, shake the salad until evenly coated with dressing. Top with pepitas.

NUTRITIONAL INFORMATION

Calories 500

Fat 35g

Protein 36g

Sugars 5.4g

Carbohydrates: 11.8g

Deconstructed Sushi In a Jar

The Fork Bite



3 servings



15 minutes

INGREDIENTS

- 1 lb cooked shrimp (or drained crab meat, tuna)
- 1 cup cucumber, *diced/spiraled*
- 1 cup red cabbage, *sliced*
- 1 cup mango, *cut in thin strips*
- 1 cup matchstick carrot
- 1 seaweed salad (optional)
- 1 sheet Seaweeds/Nori (cut into thin strips)

For Sushi Rice:

- 2 cups cooked sushi rice (or sticky rice)
- 2 tbsp rice wine vinegar
- 2 tbsp sugar

Sushi Base Sauce:

- 1/8 cup rice vinegar
- 1/4 cup soy sauce
- 2 tbsp brown sugar (or honey)
- 1 tbsp onions (diced)
- 1 tbsp garlic minced

For Garnish:

- sesame seeds



INSTRUCTIONS

1. Cook the sticky rice according to package directions. Once cooked, add the rice vinegar and sugar.
2. Once cooked, add sugar and rice vinegar. Mix well and set aside.
3. Arrange the ingredients and layer in this particular order: 2 tbsp of Sushi Base sauce, Shrimp (or drained crab meat), cucumber, seaweed salad, cabbage, carrots, mango sticky rice, nori (seaweed) strips and sesame seeds.
4. Store the jar in the fridge for up to 3 days. Just dump into a bowl when ready to eat.

NUTRITIONAL INFORMATION

Calories 450

Fat 3g

Protein 38g

Sugars 28g

Carbohydrates: 64g

Mexican Quinoa & Chicken Salad

ETNT



4 servings



20 minutes

INGREDIENTS

- 8 oz skinless, boneless chicken breast, cooked and shredded
- 3 Tbsp refrigerated salsa
- 2 cups cooked quinoa
- 1 cup chopped tomato
- 3/4 cup canned no-salt-added black beans, rinsed and drained
- 3/4 cup frozen roasted corn, thawed
- 1 small red onion, thinly sliced (1/2 cup)
- 1 avocado, halved, seeded, peeled, and chopped
- 2 Tbsp lime juice
- 2 Tbsp olive oil
- 1 clove garlic, minced
- 2 Tbsp snipped fresh cilantro
- 1/2 tsp salt
- 1/4 tsp black pepper



INSTRUCTIONS

1. In a small bowl, combine chicken and salsa.
2. Divide quinoa among four pint jars. Layer with tomato, black beans, corn, chicken mixture, onion, and avocado, pressing ingredients down as you fill, if necessary.
3. In another small bowl, combine lime juice, oil, garlic, cilantro, salt, and pepper. Whisk until smooth. Spoon dressing over layers in jars. Cover and chill up to 3 days. Shake jars before serving.

NUTRITIONAL INFORMATION

Calories 413

Fat 19g

Protein 21g

Sugars 5g