

MEALS IN A JAR



THE WHOLE U
UNIVERSITY of WASHINGTON



BLUEBERRY BANANA PIE VEGAN OVERNIGHT OATS

4-6 SERVINGS

- 2 cups rolled oats
- 2 cups non-dairy milk
- 1/3 cup pure maple syrup
- 3 tablespoons chia seeds
- 1 teaspoon ground cinnamon
- 2 small bananas, peeled & chopped
- 1-1.5 cups fresh blueberries
- 1/2 cup chopped walnuts pinch of salt
- 1 teaspoon vanilla granola sprinkled on top before serving

Mix in a casserole dish and place in fridge overnight. In the morning, give it a stir and enjoy cold with a sprinkle of granola on top. Keeps in the fridge for 2-3 days.

From ohsheglows.com

Inspired by Super Natural Every Day's Baked Oatmeal



PB & P OVERNIGHT OATMEAL

1 SERVING

- 1/3 cup rolled oats
- 1/3 cup plain yogurt
- 1/3 cup milk
- 1 tablespoon chia seeds (optional)
- 2 tablespoons pumpkin puree
- 2 tablespoons peanut butter
- 2 tablespoons maple syrup
- 1/4 teaspoon ground cinnamon

Mix the ingredients together in an 8-ounce mason jar or bowl. Place in the refrigerator overnight. In the morning, top with peanuts or whatever you see fit.

From www.pccnaturalmarkets.com



GREEK PASTA SALAD

1 SERVING

Place items in the jar in this order:

- 2 tablespoons easy lemon vinaigrette (see below)
- 1 cup cherry tomatoes
- 1/4 cup red onion, chopped
- 1 cup cucumber, chopped
- 1/2 cup feta, crumbled
- 2 oz rigatoni, cooked
- 1/2 cup mixed greens
- 1/2 cup fresh mint, chopped

Adapted from [Niki Lowry via The Muse](#)



EASY LEMON VINAIGRETTE

3-4 MASON JARS

- Juice from one large lemon
- 1/2 cup olive oil
- Good pinch of salt
- Couple of grinds of black pepper

CAPRESE PASTA SALAD

1 SERVING

Place items in the jar in this order:

- 2 tablespoons basil pesto (homemade or store-bought)
- 1 cup cherry tomatoes
- 1-1/2 oz fresh mozzarella, chopped into bite sized pieces
- 2 oz cooked penne pasta
- 1/2 cup fresh spinach leaves
- 1/2 cup fresh basil, chopped

Adapted from [Niki Lowry via The Muse](#)



PENNE + FARRO SALAF

1 SERVING

Place items in the jar in this order:

- 2 tablespoons pesto vinaigrette (see recipe, next page)
- Zest of one lemon
- 1/2 cup cherry tomatoes
- 1/2 cup roasted tomatoes
- 2 oz cooked penne pasta
- 1/2 cup cooked farro
- 1/2 cup spinach or arugula

Adapted from [Gretchen's Shoebox Express](#)



PESTO VINAIGRETTE

- 1 large garlic clove
- 1/4 cup grated Parmesan cheese
- 10-12 fresh basil leaves
- 1/4 cup fresh parsley leaves
- 1 teaspoon salt
- 1 teaspoon sugar
- Pepper to taste
- 1/3 cup olive oil
- 2 tablespoons red wine vinegar

With food processor running, drop garlic clove through the feed tube. Add cheese, basil, parsley, salt, sugar, and pepper.

Process about 10 seconds until all the ingredients are finely chopped. Combine the oil and vinegar.

With the machine running, slowly pour through the feed tube. The mixture will combine very quickly. It should be slightly thick and coarse.

Adapted from www.mangiabenepasta.com



STRAWBERRY SPINACH SALAD

1 SERVING

Place items in the jar in this order:

- 2 tablespoons Strawberry-Lime Vinaigrette (see below)
- 1/2 cup cooked quinoa
- 1/2 cup sliced strawberries
- 2 tablespoons sunflower seeds
- 1/4 cup sliced green onions
- 1/4 cup crumbled feta
- 1 cup baby spinach

Depending on how juicy your strawberries are, you might want to put them down lower in the jar (before the quinoa) to keep them even further away from the spinach.

Adapted from backtoherroots.com



STRAWBERRY LIME VINAIGRETTE

2 MASON JARS

- 2 tablespoons extra virgin olive oil
- 2 teaspoons strawberry preserves
- 1 tablespoon fresh lime juice
- 1 teaspoon mustard
- 1 tablespoon white wine vinegar
- Salt and pepper, to taste

Combine all ingredients in a jar with a tight-fitting lid. Close and shake until emulsified. Makes about four tablespoons of dressing.



MEXICAN CHICK PEA SALAD

CHILE LIME VINAIGRETTE

1 SERVING

Place items in the jar in this order:

- 2 tablespoons Chile-Lime Dressing (see below)
- 1/2 cup cooked brown rice
- 1/2 cup cooked chickpeas
- 1/4 cup salsa
- 2 tablespoons red onions
- 1/3 cup halved grape tomatoes
- 2 tablespoons chopped cilantro
- 1 cup chopped romaine

Because of the tomatoes and salsa, this salad is a bit “wetter” than others and care should be taken not to tip it or turn it to avoid the romaine getting soggy.

Adapted from backtoherroots.com



CHILE LIME VINAIGRETTE

2 MASON JARS

- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh lime juice
- 1 teaspoon dried ground cumin
- Pinch red pepper flakes
- Salt and pepper, to taste

Combine all ingredients in a jar with a tight-fitting lid. Close and shake until emulsified. Makes about four tablespoons of dressing.



BLUEBERRY AND GRILLED PEACH QUINOA PARFAIT

4 SERVINGS

- 2 peaches, halved, pits removed
- 1 cup cooked and cooled quinoa (prepared as per package instructions)
- 1 cup blueberries
- 1 cup vanilla Greek yogurt (or plain, or your flavor of choice)
- 4 teaspoons maple syrup (or honey or agave)
- 4 teaspoons chopped pecans

Preheat your grill to medium high heat. Place each peach half on the grill, cut side down, for 4–5 minutes. Flip over and grill for another 4–5 minutes, or until caramelized and juicy. Remove from the grill and chill in the refrigerator. Alternatively, you can roast them cut side up on a baking sheet for 20–25 minutes at 425°F, or until tender.

Remove the peels, if desired, and chop the peaches into about half-inch pieces.

Place about two tablespoons of quinoa in the bottom of each of the four jars, glasses or bowls. Top each with about two tablespoons of blueberries, about an eighth of the peaches, two tablespoons of yogurt, half a teaspoon of maple syrup, and half a teaspoon of pecans.

Repeat the layers, then top with a reserved peach slice or a couple of blueberries for garnish, if desired.

Adapted from [Cupcakes and Kale Chips](#)

