

SALADS ON THE GO



ORANGE
POPPY SEED
SALAD



GREEK
SALAD



MEXICAN
PASTA SALAD



BEEF
CAESAR
SALAD



GREEN APPLE
AND BRIE SALAD



BROCCOLI
SALAD

MEALS IN A JAR SALADS ON THE GO

Delicious and nutritious, these salads are a cinch to make and pleasing to the eye. With just a bit of planning, you can prepare scrumptious, grab-and-go salads in no time flat.

Preparation:

- Make the salad dressing.
- Prepare the salad fixings.
- Place all the ingredients in a jar in the following order:
 - Salad dressing
 - Firm vegetables and fruit (cherry tomatoes, cucumber, onion, corn, celery, apple, grapes)
 - Soft vegetables and fruit (avocado, mushrooms, orange)
 - Protein
 - Grains and greens
- Cover tightly with the lid and refrigerate. Keeps up to 2 days.
- When it's time to eat, simply toss and enjoy!

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BROUGHT TO YOU
BY OUR DIETITIANS

FOR THE NUTRITIONAL
INFORMATION OF THESE
RECIPES, VISIT:
[DFCPLC.CA/JARMEALS](http://dfcplc.ca/jarmeals)

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ORANGE POPPY SEED SALAD

SALAD DRESSING

- 2 tbsp (30 mL) plain Greek yogurt
- 1 tsp (5 mL) poppy seeds
- 2 tsp (10 mL) maple syrup
- 2 tsp (10 mL) orange juice
- ¼ tsp (1 mL) orange zest

VEGETABLES AND FRUIT

- ¼ cup (60 mL) diced green apple
- 1 celery stalk, diced
- ¼ cup (60 mL) orange segments

PROTEIN

- ½ cup (80 mL) grated Canadian Mozzarella
- 2 tbsp (30 mL) chopped pecans

GRAINS AND GREENS

- ½ cup (125 mL) baby spinach

Muscle and bone --- Eating enough protein helps build and maintain muscle mass and healthy bones. Greek yogurt and cheese are delicious, versatile and good sources of protein.

One orange will give you the juice, zest and segments you need.

GREEK SALAD

SALAD DRESSING

- 1 tbsp (15 mL) sour cream
- 1 tbsp (15 mL) plain Greek yogurt
- 1 tsp (5 mL) Greek seasoning (store-bought or homemade)

VEGETABLES AND FRUIT

- 1 tbsp (15 mL) chopped red onion
- 4 cherry tomatoes, halved
- 2 tbsp (30 mL) diced English cucumber
- 1 tbsp (15 mL) sliced Kalamata olives

PROTEIN

- 2 tbsp (30 mL) crumbled Canadian Feta*
- ½ cup (125 mL) diced cooked chicken

GRAINS AND GREENS

- ½ cup (125 mL) torn romaine lettuce

Calcium --- Did you know that yogurt, cheese and milk naturally contain calcium that's easily absorbed by your body?

*For more recipe ideas with Feta, visit:
dfcplc.ca/YumFeta

MEXICAN PASTA SALAD

SALAD DRESSING

- 2 tbsp (30 mL) sour cream
- 2 tbsp (30 mL) salsa (mild, medium or hot)

VEGETABLES AND FRUIT

- ¼ cup (60 mL) diced avocado
- 4 cherry tomatoes, halved
- ¼ cup (60 mL) diced English cucumber
- 2 tbsp (30 mL) frozen corn kernels

PROTEIN

- ¼ cup (60 mL) cubed Canadian Cheddar
- ¼ cup (60 mL) canned mixed beans (reduced sodium), rinsed

GRAINS AND GREENS

- ½ cup (125 mL) cooked fusilli pasta

Creamier salad dressings --- If you like rich and creamy salad dressings, you'll love these recipes using sour cream or plain yogurt.

To eat the salad right away, thaw the corn before adding it.

BEEF CAESAR SALAD

SALAD DRESSING

- 1 tbsp (15 mL) sour cream
- 1 tbsp (15 mL) plain Greek yogurt
- ½ tsp (2.5 mL) lemon juice
- 1 tsp (5 mL) Dijon mustard
- ¼ tsp (1 mL) garlic powder
- 1 tsp (5 mL) Worcestershire sauce
- ½ tsp (2.5 mL) dried oregano

VEGETABLES AND FRUIT

- 1 tbsp (15 mL) diced celery
- 4 cherry tomatoes, halved
- ¼ cup (60 mL) diced mushrooms

PROTEIN

- 2 tbsp (30 mL) grated Canadian Parmesan
- ½ cup (125 mL) cubed cooked beef

GRAINS AND GREENS

- ½ cup (125 mL) torn romaine lettuce

Save time! --- Cook extra meat or poultry at dinnertime and use the leftovers in salads.

GREEN APPLE AND BRIE SALAD

SALAD DRESSING

- 2 tbsp (30 mL) sour cream
- 1 tsp (5 mL) balsamic vinegar
- 1 pinch of garlic powder

VEGETABLES AND FRUIT

- ½ green apple, diced
- 2 tbsp (30 mL) dried cranberries

PROTEIN

- ½ cup (80 mL) cubed Canadian Brie*
- 2 tbsp (30 mL) pumpkin seeds

GRAINS AND GREENS

- ½ cup (80 mL) cooked quinoa
- ½ cup (125 mL) chopped spinach

Enjoy your lunch break --- Lunch is a good time to re-energize your body and your mind. After a nutritious meal, be sure to get outside for some fresh air for a more productive afternoon.

To mix things up, use pear instead of apple.

*For more recipe ideas with Brie, visit:
dfcplc.ca/YumBrie

BROCCOLI SALAD

SALAD DRESSING

- 2 tbsp (30 mL) plain Greek yogurt
- 1 tsp (5 mL) honey
- ½ tsp (2.5 mL) white vinegar

VEGETABLES AND FRUIT

- 1 tbsp (15 mL) chopped red onion
- ½ cup (80 mL) halved grapes

PROTEIN

- ½ cup (80 mL) cubed Canadian Cheddar
- 2 tbsp (30 mL) chopped pecans

GRAINS AND GREENS

- ½ cup (125 mL) broccoli florets

Fuel up on protein at every meal! --- Protein has a filling effect, so including it at every meal can help you feel full and satisfied, and less likely to snack mindlessly on convenient and non-nutritious foods. Greek yogurt and cheese are a good source of protein.