



333 South Ivy Street, Escondido, Ca 92025
(619) 466-4386, (619) 684-3510 fax
<http://www.healthyadventuresfoundation.org>

**Cucumber, Squash, Tomato and Red Onion
Salad in a Jar**

1 tablespoon olive oil
1 tablespoon red wine vinegar
1 teaspoon dried basil

In a medium bowl combine the olive oil, vinegar and mix vigorously. Stir in the basil. Set aside.

¼ cucumber, sliced and quartered
¼ zucchini (or yellow crook neck squash)
1/8 of a small red or yellow onion, finely chopped

Slice the cucumbers, zucchini and onions and put in a jar. Add about 1 tablespoon of dressing over the cucumbers and onions.

1 ounce mozzarella cheese

Cut the mozzarella into small cubes.
Add a layer of mozzarella over the cucumbers and onions.

¼ cup cherry, grape or Roma tomatoes, cut into quarters

Put tomatoes over a layer of mozzarella.
Chiffonade basil over the tomatoes. Drizzle another tablespoon of dressing over the top.

Put the lid on the jar and eat later that day (or now if you can't wait!). Serves 1.

Basil – Lime Fruit Salad in a Jar

¼ lime, zested
¼ lime, juiced
1 tablespoon additional lime juice
1 tablespoon olive oil
1 teaspoon dried basil

Combine all ingredients and set aside.

¼ cup pineapple, chunks (canned are fine)
1-2 strawberries, cut into 8 pieces each
1/8 cup blueberries, frozen are fine
¼ banana, sliced

In a large jar, layer the fruit in order as listed.
Pour dressing over the top. Put the lid on the jar

and eat later that day (or now if you can't wait!).
Serves 1.

Spring Salad with Goat Cheese in a Jar

¼ lime, zested
¼ lime, juiced
1 tablespoon additional lime juice
1 teaspoon whole-grain or Dijon mustard
1 teaspoon maple syrup
1 teaspoon fresh mint, finely chopped
1/8 teaspoon black pepper
1/8 teaspoon salt
1 tablespoon olive oil

Whisk together lime zest, juice, mustard, syrup, chopped mint, pepper, and salt in a medium bowl. Slowly whisk in oil and set aside.

¼ cup of green beans 1-inch pieces, frozen are fine
¼ cup frozen peas

Place a bowl of ice water next to the sink. Bring a medium stockpot of water to a boil. Add green beans and peas, and cook for 1 to 2 minutes; drain. Let cool, place in a large jar and drizzle 1 tablespoon of dressing over the top.

1 thinly sliced radish
1/4 cup fresh baby spinach

Add a layer of radishes and then spinach. Place in a large jar and drizzle 1 tablespoon of dressing over the top.

1 tablespoon fresh parsley, finely chopped
1 green onion, finely sliced
½ ounce goat cheese, shaped into the diameter of the jar

Put the herbs on a plate. Shape the goat cheese into the diameter of the jar. Roll in the herbs until fully covered in herbs.

1 tablespoon almonds (or any nuts), chopped
1 tablespoon fresh mint leaves

Next layer is the herbed cheese. Top with almonds and mint leaves, cut as chiffonade.