

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Asian-inspired Salad-in-a-Jar with Spicy Peanut Dressing

Makes 4 salad jars, quart-size

This salad features a welcome change from many salads thanks to the crunchy vegetables it includes. The spicy peanut dressing brings it all together for an exceptionally delicious lunchtime salad. For do-ahead ease, grill several chicken breasts at once, slice and freeze in usable portions for use in not only this salad, but in wraps, sandwiches and many other meals. Plan the salad's profile in these delicious layers:

Layer 1: Spicy Peanut Dressing

Makes about 1.5 cup

Whisk ingredients together; place 2-3 tablespoons at the bottom of each jar.

- 1/2 cup peanut butter
- 2 tablespoons rice wine vinegar
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1 tablespoon sesame oil
- 1 teaspoon hot oil or 1/8 tsp. cayenne
- 1-2 tablespoons water, and more for desired consistency

Layer 2: Sturdy Veggies

- 1/4 head red cabbage, shredded, about 2 cups
- 2 carrots, grated, about 1 cup
- 1 red pepper, julienned
- 1 cup edamame, fresh or thawed frozen
- 24 pea pods (or sugar snap peas), trimmed, cut diagonally

Layer 3: Tender Veggies

- 1/2 English cucumber, 1/2-inch dice, about 1 cup
- 1 (11 oz.) can Mandarin oranges, well-drained
- 1 scallion, sliced thinly, white and green parts

Layer 4: Protein

- 2 tablespoons sliced almonds
- 2 grilled chicken breasts, sliced and shredded

Layer 5: Leafy Greens

- 4 cups baby spinach leaves

Directions:

Whisk the dressing ingredients together vigorously until well blended. Prepare the ingredients for the other layers. In quart-sized jars, or in other lidded glass containers, add the layers in the listed order, and add a seal-tight lid. Chill until ready to enjoy.