



DECEMBER '12
MASON JAR
MENU PLANNER

Be sure to check your cupboard
before shopping for these items!

Grocery list

Your Wildtree Shopping List "Mason Jar Salads" Menu Planner Bundle

Wildtree Basil Pesto Blend
Wildtree Natural Grapeseed Oil
Wildtree Opa! Greek Seasoning
Wildtree Tikka Masala
Wildtree Taco Seasoning Blend
Wildtree Fiesta Salsa Mix
Wildtree Rockin' Moroccan Blend
Wildtree Thai Sesame Sun Butter Sauce
Wildtree Creamy Ranch Dressing & Dip Mix
Wildtree Smoked Mozzarella & Tomato Blend
Wildtree Classic Caesar Dressing Mix

Vegetables:

Baby spinach, 2 cups
Arugula, 2 cups
Romaine lettuce, chopped, 2 cups
Iceberg lettuce, chopped, 1 cup
Cabbage, 1/2 cup
Broccoli, 1/2 cup
Red bell pepper, diced, 1 cup
Orange bell pepper, diced, 1/2 cup
Red onion, diced, 1/4 cup
Zucchini, diced, 1/2 cup
Cucumber, diced, 1/2 cup
Carrots, shredded, 1 cup
Grape tomatoes, 1/2 cup
Cherry tomatoes, 2 cups
Red potatoes, 6 oz
Green beans, cut, 1/2 cup
Corn, 1 cup
Peas, 1 cup
Fresh mint, 2 tsp
Fresh cilantro, 2 tsp

Fruits:

Apricots, diced, 1/4 cup
Golden raisins, 1/4 cup

Dairy:

Small mozzarella balls, diced, 1 oz
Feta, crumbled, 1/4 cup
Shredded cheese, 1/4 cup
Half and half, 2 tbsp
Greek yogurt, 1 tbsp

Breads/Pastas/Rice:

Penne, 1 1/2 cup
Quinoa, 1/2 cup
Rice, 1/2 cup
Rigatoni, 1/2 cup
Couscous, 1/4 cup

Misc. Items

Sherry vinegar, 1 tbsp
Cider vinegar, 2 tsp
Lemon juice, 2 tbsp
Sun-dried tomatoes, chopped, 1/2 cup
Mild banana pepper rings, 1/4 cup
Roasted red peppers, diced, 1/2 cup
Artichoke hearts, diced, 1/2 cup
Kalamata olives, diced, 1/4 cup
Chick peas, 3/4 cup
Pine nuts, 2 tbsp
Canned diced tomatoes, 1/2 cup
Black Beans, 3/4 cup
Almonds, slivered, 2 tbsp (optional)
Mayo, light, 1 tbsp
Honey, 1 tsp

Proteins:

Bacon, 3 slices



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Caprese Pasta Salad

Serves 1

- 3 tablespoons Wildtree Basil Pesto
- 3 tablespoons warm water
- 2 teaspoons Wildtree Natural Grapeseed Oil
- ½ cup penne, prepared according to package directions
- ½ cup sundried tomatoes, chopped
- ¼ cup mild banana pepper rings, drained
- 1 ounce small mozzarella balls (cherry size), diced
- 1 cup packed baby spinach

Hydrate the Basil Pesto with the warm water, then stir in the Grapeseed Oil; set aside. Once pasta is cooked, rinse and drain under cold water. Return the drained pasta to the pan and toss with the prepared Basil Pesto. Add the pasta to the bottom of a 1 quart mason jar. Layer with sun dried tomatoes, banana pepper rings, mozzarella balls, and baby spinach. Seal the jar and refrigerate until you are ready to eat. Shake to mix up the ingredients when ready to eat.

Calories 470; Fat 22 g; Saturated Fat 8 g; Carbohydrate 52 g; Fiber 9 g; Protein 21 g; Cholesterol 35 mg; Sodium 1190 mg



Mediterranean Quinoa Salad

Serves 1

- ½ cup water
- ¼ cup quinoa
- 1 tablespoon Wildtree Natural Grapeseed Oil
- 1 tablespoon sherry vinegar
- 2 teaspoons Wildtree Opa! Greek Seasoning
- ½ cup roasted red peppers, diced
- ½ cup artichoke hearts, diced
- ¼ cup kalamata olives, diced
- ¼ cup chick peas, drained and rinsed
- 1 cup romaine, chopped

Combine the water and quinoa in a saucepan. Bring the mixture to a boil, then lower heat and simmer, covered, until quinoa is tender and still chewy, about 15 minutes. Remove from heat. Once the quinoa has cooled, mix in the Grapeseed Oil, sherry vinegar, and Opa Seasoning. Add this to the bottom of a 1 quart mason jar. Layer the roasted red pepper, artichoke hearts, olives, chick peas, and romaine. Seal the jar and refrigerate until you are ready to eat. Shake to mix up the ingredients when ready to eat.

Calories 480; Fat 26 g; Saturated Fat 2.5 g; Carbohydrate 53 g; Fiber 9 g; Protein 13 g; Cholesterol 0 mg; Sodium 1040 mg



Wedge Salad

Serves 1

- 3 tablespoons Wildtree Creamy Ranch Dressing & Dip Mix, prepared according to package directions
- 1 teaspoon Wildtree Smoked Mozzarella & Tomato Blend
- ½ cup black beans
- 1 cup cherry tomatoes, halved
- 3 slices bacon, cooked and crumbled
- 1 cup iceberg lettuce, chopped

In a small bowl combine the Ranch Dressing and Smoked Mozzarella Blend. Toss with the black beans. Add this to the bottom of a 1 quart mason jar. Layer with tomatoes, bacon, and iceberg lettuce. Seal the jar and refrigerate until you are ready to eat. Shake to mix up the ingredients when ready to eat.

Calories 380; Fat 24 g; Saturated Fat 6 g; Carbohydrate 29 g; Fiber 9 g; Protein 18 g; Cholesterol 35 mg; Sodium 1120 mg



Curry Rice Salad

Serves 1

- ½ cup cooked rice
- 2 tablespoons half and half
- 2 tablespoons Wildtree Tikka Masala
- ½ cup diced red bell pepper
- ½ cup diced zucchini
- 2 tablespoons pine nuts, toasted
- 1 cup arugula

Mix the rice with the half and half and Tikka Masala. Add this to the bottom of a 1 quart mason jar. Layer with red bell pepper, zucchini, pine nuts, and arugula. Seal the jar and refrigerate until you are ready to eat. Shake to mix up the ingredients when ready to eat.

Calories 330; Fat 17 g; Saturated Fat 3 g; Carbohydrate 39 g; Fiber 4 g; Protein 8 g; Cholesterol 10 mg; Sodium 230 mg



Caesar Pasta Salad

Serves 1

- 1 cup penne, prepared according to package directions
- 3 tablespoons Wildtree Classic Caesar Dressing Mix, prepared according to package directions
- ½ cup broccoli, cooked
- ½ cup peas
- ½ cup romaine, chopped

Once pasta is cooked, rinse and drain under cold water. Return the drained pasta to the pan and toss with the prepared Caesar Dressing Mix. Add this to the bottom of a 1 quart mason jar. Layer with broccoli, peas, and romaine. Seal the jar and refrigerate until you are ready to eat. Shake to mix up the ingredients when ready to eat.

Calories 460; Fat 11 g; Saturated Fat 1.5 g; Carbohydrate 71 g; Fiber 6 g; Protein 16 g; Cholesterol 10 mg; Sodium 160 mg



Asian Chick Pea Salad

Serves 1

- ½ cup chick peas, drained and rinsed
- 4 tablespoons Wildtree Thai Sesame Sun Butter Sauce
- ½ cup carrots
- ½ cup diced red bell pepper
- ½ cup peas
- 2 tablespoons slivered almonds, optional
- ½ cup cabbage
- ½ cup romaine

Toss the chick peas with the Sun Butter Sauce. Add these to the bottom of a 1 quart mason jar. Layer with the carrots, red bell pepper, peas, almonds, cabbage, and romaine. Seal the jar and refrigerate until you are ready to eat. Shake to mix up the ingredients when ready to eat.

Calories 440; Fat 19 g; Saturated Fat 2 g; Carbohydrate 49 g; Fiber 16 g; Protein 20 g; Cholesterol 0 mg; Sodium 880 mg

Fiesta Quinoa Salad

Serves 1

- ½ cup water
- ¼ cup quinoa
- 1 teaspoon Wildtree Taco Seasoning
- Pinch of salt
- ½ cup canned diced tomatoes (with liquid)
- 2 tablespoons Wildtree Fiesta Salsa Mix
- ½ cup corn
- ¼ cup black beans
- ½ cup orange bell pepper
- ¼ cup shredded cheese
- 1 cup romaine, chopped



Combine the water and quinoa in a saucepan. Bring the mixture to a boil, then lower heat and simmer, covered, until quinoa is tender and still chewy, about 15 minutes. Remove from heat. Once the quinoa has cooled mix in the Taco Seasoning, salt, diced tomatoes, and Fiesta Salsa Mix. Add this mixture to the bottom of 1 quart mason jar. Layer with bell pepper, corn, black beans, cheese and spinach. Seal the jar and refrigerate until you are ready to eat. Shake to mix up the ingredients when ready to eat.

Calories 470; Fat 14 g; Saturated Fat 6 g; Carbohydrate 72 g; Fiber 13 g; Protein 22 g; Cholesterol 30 mg; Sodium 920 mg



Greek Pasta Salad

Serves 1

½ cup rigatoni, prepared according to package directions
 2 teaspoons Wildtree Natural Grapeseed Oil
 2 teaspoons lemon juice
 2 teaspoons Wildtree Opa! Greek Seasoning
 Pinch of salt
 2 teaspoons fresh mint, chopped
 ½ cup diced cucumber
 ½ cup grape tomatoes
 ¼ cup red onion, diced
 ¼ cup feta, crumbled
 1 cup arugula

Once pasta is cooked, rinse and drain under cold water. Return the drained pasta to the pan and toss with the Grapeseed Oil, lemon juice, Opa Seasoning, salt and fresh mint. Add this to the bottom of a 1 quart mason jar. Layer with cucumber, tomatoes, red onion, feta, and arugula. Seal the jar and refrigerate until you are ready to eat. Shake to mix up the ingredients when ready to eat.

Calories 390; Fat 18 g; Saturated Fat 7 g; Carbohydrate 45 g; Fiber 5 g; Protein 13 g; Cholesterol 35 mg; Sodium 670 mg



End of Summer Salad

Serves 1

1 tablespoon light mayo
 1 tablespoon Greek yogurt
 1 teaspoon honey
 1 tablespoon Wildtree Natural Grapeseed Oil
 2 teaspoons Wildtree Basil Pesto
 Salt and pepper to taste
 ½ cup green beans, cut into bite-sized pieces
 6 ounce baby red potatoes, sliced
 ½ cup corn
 1 cup cherry tomatoes, halved

In a bowl whisk together the mayo, yogurt, honey, Grapeseed Oil, and Basil Pesto. Season with salt and pepper to taste; set aside. Bring a pot of water to a boil. Add the beans, and cook for 2 to 3 minutes, until barely tender. Remove from the pot with a slotted spoon and spread on a tray or baking sheet to cool. Add the potatoes to the boiling water, and cook for 10 to 12 minutes, or until tender. Drain and spread on the baking sheet to cool also. Once potatoes have cooled, toss them with the Basil Pesto dressing. Add this to the bottom of a 1 quart mason jar. Layer with the corn, green beans, and tomatoes. Seal the jar and refrigerate until you are ready to eat. Shake to mix up the ingredients when ready to eat.

Calories 430; Fat 21 g; Saturated Fat 2 g; Carbohydrate 56 g; Fiber 9 g; Protein 10 g; Cholesterol 10 mg; Sodium 480 mg



Moroccan Couscous Salad

Serves 1

½ cup water	2 teaspoons fresh cilantro, chopped
¼ cup couscous	½ cup shredded carrots
2 teaspoons Wildtree Natural Grapeseed Oil	¼ cup diced apricots
2 teaspoons cider vinegar	¼ cup golden raisins
1 teaspoon Wildtree Rockin' Moroccan Blend	1 cup spinach

In a medium saucepan bring the water to a boil. Add the couscous, stirring quickly. Remove from heat and cover. Let stand for 4-5 minutes. Fluff with a fork. Whisk together the Grapeseed Oil, cider vinegar, Moroccan Blend, and cilantro. Add the dressing to the cooked couscous and toss to coat. Add the couscous into the bottom of a 1 quart mason jar. Layer with carrot, apricots, raisins, and spinach. Seal the jar and refrigerate until you are ready to eat. Shake to mix up the ingredients when ready to eat.

Calories 530; Fat 10 g; Saturated Fat 1 g; Carbohydrate 100 g; Fiber 10 g; Protein 9 g; Cholesterol 0 mg; Sodium 160 mg