



Turkey Snack Jars 3 Ways

These turkey snack jars, featuring leftover turkey plus veggies and fruits, are ideal for when you need a snack that's more than just a nibble: they are protein-packed, fibre-filled, and will power you with long-lasting satisfaction. Made in Mason jars, they are portable and the perfect sized snacking portion.

Ingredients

Filled-with-Fruit Turkey Snack Jar

- 1/2 cup (125 ml) roasted turkey
- 1/4 cup (60 ml) chopped firm, ripe avocado *
- 1/2 cup (60 ml) fresh fruit (e.g. chopped red apple * or blueberries)
- 1 tbsp (15 ml) chopped walnuts

All the Leftovers Turkey Snack Jar

- 1/2 cup (125 ml) roasted turkey
- 1/2 cup (125 ml) roasted vegetables (e.g. sweet potato, red peppers or squash)
- 1 tbsp (15 ml) crumbled goat cheese or blue cheese
- 1 tbsp (15 ml) cranberry sauce (or dried cranberries)

Sweet n' Spicy Turkey Snack Jar

- 1/2 cup (125 ml) roasted turkey
- 1/4 cup (60 ml) shredded carrot
- 1/4 cup (60 ml) chopped red pepper
- 2 tsp (10 ml) diced red onion
- 1 tbsp (15 ml) chopped peanuts
- drizzle of sriracha

Honey-Lime Dressing

- 1/4 cup (60 ml) freshly squeezed lime juice
- 1/4 cup (60 ml) canola oil
- 1 tbsp honey
- 1 small garlic clove, minced
- 1/4 tsp (2 ml) salt
- 1/4 tsp (2 ml) freshly ground pepper



Instructions

1. In a 1-cup (250 ml) Mason jar, layer roasted turkey and remaining snack jar ingredients.
2. In separate Mason jar, add all the dressing ingredients. Put the lid on and shake until well combined.
3. Drizzle snack jar with honey lime dressing just before you're ready to eat. Keep remaining dressing in the fridge for up to one week to use on more snack jars or salads.

* If making jars in advance, sprinkle avocado and apple pieces with fresh lemon or lime juice to prevent browning.

Tasty Tip: Make it a meal! In a large Mason jar or reusable container, start with 1 cup of your favourite cooked grain (e.g. brown rice, quinoa, barley) and then add in the cooked turkey and companion ingredients. Top off with a big handful of leafy greens such as arugula, baby spinach or kale.