

Twist, pop, and enjoy! From snacks to dinners, desserts, and giftable meal kits, simple glass jars can be used for so much more than just jam and pickles.

- Power-Up Purple Smoothie**
- Pickled Avocados**
- Chia Breakfast Parfait**
- BLT Salad**
- Monkey Business Gorp Blend**
- Tie-Dye Rainbow Cupcakes**
- And more!**



\$9.99 U.S.



101 THINGS TO DO WITH A JAR

BEERY



# 101 Things<sup>®</sup> To Do With A Jar

BY  
BARBARA  
BEERY



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## FRESH FRUIT SOODAS

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- 3 cups **fresh ripe fruit chunks**, such as strawberries, mangoes, peaches, nectarines, papaya, kiwi, or raspberries
- sparkling water** or club soda
- ice**
- freshly squeezed lemon juice** or lime juice, optional
- honey** or maple syrup, optional

Place the fruit into a quart jar that will fit onto your blender (see page 9). Puree until completely smooth. Pour the puree into a mesh strainer, using the back of a spoon to push it through into a pint jar. If you don't mind the pulp and tiny seeds, just skip this step and add puree directly to the jar.

In a pint jar, combine 2 tablespoons of puree, 8 ounces of sparkling water, and ice. Adjust to taste with lemon juice or honey, if desired. The fruit puree will keep in a sealed jar in the refrigerator for a week. Makes 16 servings.

## CHAI TEA

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- 1 cup **nonfat dry milk**
- 1/2 cup **sugar**
- 1/2 teaspoon **ground ginger**
- 1/2 teaspoon **ground cardamom**
- 1/2 teaspoon **ground cinnamon**
- 1/4 teaspoon **ground allspice**
- 1/8 teaspoon **ground nutmeg**
- 1/8 teaspoon **ground cloves**
- dash **ground red pepper**
- black tea**, for serving

Combine all ingredients in a pint jar. Secure lid and shake to blend. Store in an airtight container in the pantry for up to 6 months. For 1 serving, stir 1 1/2 tablespoons tea mix into 8 ounces of hot, freshly brewed black tea. Serves 16.

# LEMON-POPPY SEED BREAD

2 **lemons**, zested  
1 cup **sugar**  
½ cup **buttermilk**  
3 tablespoons + 4 teaspoons **lemon juice**, divided  
3 **eggs**  
1¾ cup **flour**  
1½ teaspoons **baking powder**  
¼ teaspoon **baking soda**  
¼ teaspoon **fine sea salt**  
⅔ cup **extra virgin olive oil**  
1 tablespoon **poppy seeds**  
½ cup **powdered sugar**

Preheat oven to 350 degrees. Coat the insides of 6 (8-ounce) jars with softened butter or cooking spray. Dust lightly with flour, shake out excess, and place on a baking sheet. Set aside until ready to use.

In a bowl, combine the lemon zest and sugar, and then rub together with your fingers to break down the zest into the sugar. Whisk in the buttermilk, 3 tablespoons lemon juice, and eggs. In another bowl, whisk together the flour, baking powder, baking soda, and salt. Whisk dry ingredients into wet ingredients. Stir in the oil and seeds.

Pour batter into the prepared jars, filling half full. Bake for 20–25 minutes, until a toothpick inserted in the middle comes out clean. Transfer to a wire rack to cool for 10 minutes.

Combine 4 teaspoons lemon juice and the powdered sugar to create a glaze. Brush evenly over the tops of the breads. Allow to cool completely. Seal with lid and store at room temperature for up to 2 days, in the refrigerator for up to 1 week, or in the freezer for 1 month. Makes 6 servings.

# OVEN-BAKED FRITTATAS

½ cup **ground breakfast sausage**  
2–3 **fingerling** or new potatoes, cubed  
1 bunch **spinach**, stemmed and roughly chopped  
**salt and black pepper**, to taste  
8 **eggs**  
¼ cup **milk**  
1 cup **grated cheese**, such as cheddar or mozzarella

Preheat oven to 375 degrees F. Coat the insides of 6 (½-pint) jars with cooking spray and place on a baking sheet. Set aside until ready to use.

In a large skillet, brown the sausage and break it into crumbles. Add the potatoes and allow to brown lightly on each side about 2–3 minutes, adding a tablespoon of olive oil as necessary to keep from sticking to pan. Remove pan from heat and stir in spinach until slightly wilted, season with salt and pepper.

In a medium bowl, lightly beat the eggs. Season with salt and pepper. Whisk in the milk and cheese. Set aside. Divide the sausage mixture evenly between the jars. Divide eggs evenly between the jars, making sure to leave 1 inch of space at the top of the jar.

Bake for 25–30 minutes, until eggs are set and tops are golden brown. Remove from oven and allow to cool for 5 minutes before serving. If not serving immediately, secure the lid on each jar and refrigerate for up to 2 days. To reheat, warm uncovered in microwave for 1 minute. Makes 6 servings.

## SOUTHWEST SALAD

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- 1/2 cup **salsa**
- 4 tablespoons **plain Greek yogurt**
- 6 **cherry tomatoes**, halved
- 2 **scallions**, chopped
- 1/2 cup **cooked black beans** (if using  
canned, drained and rinsed)
- 1/2 cup **frozen corn**, thawed
- 1 **avocado**, chopped
- 1/2 cup **cubed pepper jack cheese**
- 2 cups **chopped romaine lettuce mixed  
with 2 tablespoons cilantro**

Leaving about 1 inch at the top to allow room for shaking, layer all ingredients in a wide-mouth quart jar: salsa, yogurt, tomatoes, scallions, beans, corn, avocado, cheese, and then lettuce mixture. Secure lid on jar and store in the refrigerator until ready to eat, or up to 5 days. To serve, give your jar a few good shakes, remove lid, and dig in. Makes 1 serving.

## PIZZA JARS

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- 1 pound **pizza dough**
- 1 cup **marinara sauce mixed with 2  
teaspoons Italian seasoning blend**
- 2 cups **grated mozzarella cheese  
pepperoni slices** (optional)

Preheat oven to 375 degrees.

Spray the inside of 8 (half-pint) jars with cooking spray and place on a baking sheet. Place 2 tablespoons of the dough into the bottom of each jar. Press down with fingertips to flatten. Bake for 10 minutes, or until lightly browned. Remove from oven.

Divide the marinara and cheese evenly among the jars, reserving a bit of cheese for a layer of garnish. Add another layer of dough. Garnish with the reserved cheese and pepperoni, if using. Bake for an additional 10 minutes, or until cheese is bubbling. Serve immediately or allow to cool, secure the lid, and refrigerate for up to 2 days. Makes 8 servings.

# LEMON MERINGUE PIES

1/2 cup **graham cracker crumbs**  
3 tablespoons + 2 teaspoons **sugar**, divided  
2 tablespoons **melted butter**  
1 can (14 ounces) **sweetened condensed milk**  
3 **eggs**, separated  
1/2 cup **freshly squeezed lemon juice**  
1 **lemon**, zested  
1/4 teaspoon **cream of tartar**

Place 6 (half-pint) jars on a baking sheet and set aside until ready to use.

In a medium bowl, combine the graham crackers, 2 teaspoons of the sugar, and the butter. Divide crumb mixture evenly between the jars. In another bowl, whisk together the condensed milk, egg yolks, lemon juice, and zest. Divide lemon mixture evenly between jars and place in refrigerator while making meringue.

Preheat oven to 350 degrees.

Place the egg whites and cream of tartar in a bowl and beat with a hand mixer until frothy. With the mixer still running, very, very slowly add the remaining sugar, 1 teaspoon at a time, beating until stiff peaks form. Spoon the meringue evenly over the lemon filling in each jar. Bake for 10–12 minutes, until the meringue is golden. Cool completely on a wire rack and then refrigerate for at least 2 hours before serving. Makes 6 servings.

# TIE-DYE RAINBOW CUPCAKES

1 box (15 ounces) **white cake mix**, plus ingredients listed on package  
**green, blue, red, and orange** gel paste food colorings  
1 container (15 ounces) **vanilla frosting**  
1/2 cup **rainbow sprinkles**

Preheat oven to 350 degrees. Spray the inside of 24 (4-ounce) jars with cooking spray and place on a baking sheet. Set aside until ready to use.

Prepare the cake mix according to package directions. Divide batter evenly between 4 small bowls, adding 1 color to each of the 4 bowls (follow the instructions on the coloring package for appropriate amounts). Mix well. Divide each batter evenly between the jars, leaving 1 inch of space at the top. Wipe out any batter that clings to the side to prevent burning. Bake cupcakes according to package directions, 18–22 minutes, and cool completely on a wire rack before sealing. Sealed, unfrosted cupcakes will keep for up to 5 days in the refrigerator.

Before serving, remove lids, frost with vanilla frosting, and sprinkle evenly with rainbow sprinkles. Makes 24 servings.

## VARIATIONS:

**Gingerbread Cupcakes:** Leave out the food coloring, substitute cinnamon frosting for vanilla, and decorate with red and green sprinkles and mini gingerbread men.

**Pink Velvet Cupcakes:** Add just enough red food coloring to make pink batter and pale pink icing. Decorate with heart sprinkles.

## SWEET BERRY JAM

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- 1 pound **fresh raspberries**
- 1 pound **fresh strawberries**, hulled
- 1 pound **fresh blackberries**
- 3½ cups **sugar**
- ¼ teaspoon **kosher salt**
- 2 tablespoons **freshly squeezed lemon juice**

Stir together the berries, sugar, and salt in a large heavy-bottom pot. Bring to a boil, stirring until sugar is dissolved. Mash the fruit with a potato masher as it cooks. Add the lemon juice and continue to boil, stirring frequently, for about 10–15 minutes. Mixture is ready when it clings to a spoon. Remove from heat, and if there is any foam on top, skim off with a spoon and discard. Cool for 15 minutes and ladle equally into 3 (1-pint) jars, leaving  $\frac{3}{4}$  inch of space at the top of the jar. Cool completely and secure lid. Refrigerate for up to 1 month, or freeze for up to 1 year. Makes 3 pints.

**VARIATION:** Add 1 3-inch sprig of mint or 5 basil leaves to fruit mixture before boiling. Remove cooked herbs before ladling jam into jars.

## PICKLED AVOCADOS

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- 1 cup **apple cider vinegar**
- 1 cup **water**
- ⅓ cup **sugar**
- 1 tablespoon **kosher salt**
- 1 tablespoon **black peppercorns**
- 1 tablespoon **mustard seeds**
- 1 teaspoon **crushed red pepper**
- 1 clove **garlic**, thinly sliced
- 10 sprigs **cilantro** or Italian parsley
- 2 **very firm avocados**, peeled and sliced

In a saucepan over medium heat, combine the vinegar, water, sugar, and salt. Bring to a boil, stirring occasionally. When the sugar and salt have dissolved, remove from heat and cool for 15 minutes. Pour liquid into a measuring cup with a spout.

Place the peppercorns, mustard seeds, red pepper, garlic, cilantro, and avocados into a pint jar. Pour cooled pickling mixture into the jar, leaving 1 inch of space at the top of the jar, and secure with lid. Discard any remaining pickling liquid. Allow to cool completely then refrigerate for a minimum of 3 hours and up to 1 week. (Flavors intensify as the avocados “pickle,” so process for at least 24 hours if time allows.) Use in tacos, on sandwiches, or on avocado toast. Excellent for making guacamole too. Makes 1 pint.