

# Lunches

## Vegetable Soup with Veggie Plate

For days that are really rushed, open a can of low-sodium soup. Those with peas and/or lentils will be more filling. Add a dollop of plain yogurt to the bowl after warming. Eat with toast or whole-grain crackers and cut vegetables.

## Kitchen-sink Salad

- Rinse and dry 2 cups spinach leaves and pile into a large bowl.
- Slice ½ red pepper, handful of carrots, and a few small tomatoes and add to bowl.
- Add ¼ cup beans, ¼ cup cheese, and any other ingredients you wish (such as sunflower seeds, sliced almonds, or grilled chicken).
- Dress with mixture of ½ Tbsp. olive oil, dash of balsamic vinegar, or a squeeze of lemon or orange.
- Add ground pepper if desired.

## Grilled-cheese Sandwich and Soup and/or Salad

- Place ¼ cup cheese between two slices bread.
- Add sliced tomatoes to cover surface.
- “Grill” in frying pan (if non-stick, no oil is needed) or on tray in toaster oven.
- Serve with 1 cup soup and/or a salad.

## Hummus and Veggie Plate

- Top ⅔ cup hummus with a sprinkle of oregano, black pepper, and cumin, to taste.
- Drizzle with a little hot sauce if desired.
- Dip cut vegetables in hummus and accompany with whole-grain crackers or pretzels.

## Nut Butter Sandwich with Fruit and Yogurt

- Spread nut butter on two slices of whole-grain bread.
- Add light layer of favorite fruit preserves or mashed, thawed berries.
- Eat alongside yogurt, apple, and/or other fruit.

## Traditional Quesadilla

- Sprinkle ¼ cup cheese on tortilla and add beans, salsa, and hot sauce, if desired.
- Roll or fold and microwave until the cheese melts.
- Top with small scoop of plain yogurt.
- Eat with a side of fruit, cut veggies, or a salad.