

Shopping List: 3 Lunches with a Twist

Fresh Produce

- 1 small red onion
- 2 medium onions
- 1 medium apple
- 1 bunch of celery
- 2 cups of salad greens
- 1 lemon or lime
- 1 carrot
- 1 bell pepper
- 1 bunch of chives
- 1 bunch of dill/thyme/rosemary or a mix (1 tsp total)
- 1 ½ lbs. seasonal vegetables
- 1 bunch of fresh herbs (parsley, thyme, or basil)
- 8 oz. mushrooms *optional*

Dry Goods

- 2 (6 oz.) cans water-packed tuna
- 1 box of golden raisins
- 2 whole wheat pitas
- 1 loaf of whole wheat bread
- 1 bottle of fat-free Italian dressing

Dairy

- 1 (4 oz.) container of whipped/softened cream cheese
- 4 oz. low-fat cheddar cheese
- 12 medium eggs

Pantry Staples

Add items to list if you don't already have them

- Dried dill, thyme or oregano
- Salt and ground black pepper
- Non-stick cooking spray

Tuna Apple Salad

Apples and raisins add a nice twist to traditional tuna salad.

Makes 4 servings. 1 cup per serving.

Ready in 15 minutes

Ingredients

2 (6-ounce) cans water packed tuna, drained

2 tablespoons finely chopped red onion

1 medium apple, cored and chopped

¼ cup chopped celery

¼ cup golden raisins

3 tablespoons fat free

Italian dressing

2 cups salad greens

2 medium whole wheat pitas

Directions

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 tablespoons of dressing.
2. In another medium bowl, toss together salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.
4. Carefully fill pita pockets with equal amounts of salad greens and tuna salad. Serve.

Nutrition information per serving: Calories 216, Carbohydrate 27 g, Dietary Fiber 4 g, Protein 25 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 26 mg, Sodium 544 mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)

Spring Spread

Kids will love this spread – let them do some of the measuring, chopping and mixing!

Makes ½ cup. 2 Tbsp per serving.

Ready in 10 minutes

Ingredients

4 oz. (about ½ c.) cream cheese, whipped or softened

2 Tbsp carrot, grated

2 Tbsp red bell pepper, finely diced

1 Tbsp chives, finely diced

1 tsp chopped fresh dill, thyme, rosemary or combination

1 tsp freshly squeezed lemon or lime juice

Directions

1. Mix all ingredients with a rubber spatula until creamy.
2. Serve with sliced veggies, crackers, toast or bagels; or substitute for the hummus in Hummus and Veggie Wraps.

Nutrition information per serving: Calories 101, Total fat 9.7g, Saturated fat 5.5g, Fiber 0.2g, Sodium 94mg

Recipe Source: Leah's Pantry

Frittata

Make this on a Sunday so you can heat up leftovers for an easy breakfast throughout the week.

Makes 8 servings. 1 slice per serving.

Ready in 1 hour 10 minutes

Ingredients

1½ pounds seasonal vegetables, such as broccoli, carrots, turnips or bell peppers

2 medium onions

4 oz. low-fat cheddar cheese

12 medium eggs

1 teaspoon dried dill, thyme, or oregano

Non-stick cooking spray

½ teaspoon salt

¼ teaspoon ground black pepper

Optional Ingredients:

8 oz mushrooms

¼ cup fresh parsley, thyme, or basil leaves

Directions

1. Preheat oven to 350°F.
2. Rinse and cut seasonal veggies evenly into small pieces. Peel, rinse, and dice onions. If using, slice mushrooms and rinse and chop fresh herbs.
3. Grate cheddar cheese.
4. Bring a large pot of water to boil. Add seasonal veggies to boiling water. Briefly boil, about 30 seconds. Using a colander, drain the veggies.
5. In a large bowl, whip eggs with a fork until well blended. Whisk in dried herbs. Set aside.
6. Coat medium skillet with non-stick cooking spray. Heat over medium-high heat. Add onions and cook until soft, about 5 minutes. If using mushrooms, add now. Add boiled seasonal veggies. Continue cooking until soft and some of their juices have evaporated, about 5 minutes more.
7. Coat 9-by-13 inch baking dish with non-stick cooking spray.
8. Layer ingredients in the baking dish in the following order: veggie mixture, egg mixture, cheese, salt, and pepper.
9. Bake until eggs are firm and cheese is melted, about 35 minutes. A thermometer inserted in the middle should read 160°F.
10. If using, garnish with chopped fresh herbs.

11. Cut into 8 equal-sized portions.

Chef's Notes

1. Use any of your favorite fresh or frozen veggies in this recipe. Cook harder veggies first.
2. Fresh veggies can be steamed until crisp-tender instead of boiled. Frozen veggies should be boiled as in step 4.
3. Cut frittata into portions and freeze for future meals, up to 1 month.
4. To make quick, individual portions, layer eggs, cheese, and veggies in a well-oiled muffin pan. Bake about 30 minutes, testing to see that mini frittatas spring back when lightly touched.
5. If you do not have an oven, cook on the stovetop over medium heat. Stir eggs into onions and mushrooms after step 6, along with other veggies. Keep stirring to set eggs. Cover skillet and cook on low until completely cooked through, about 25 minutes.

Nutrition information per serving: Calories 160, Total fat 7g, Saturated fat 3g, Carbohydrates 7g, Protein 13g, Fiber 3g, Sodium 350 mg

Recipe Source: Share Our Strength's Cooking Matters