

Shopping List: 4 Hearty Salads for Easy Lunches

Dry Goods

- 1 can lentils
- 1 can low-sodium beans
- 1 can corn (or 1 cup frozen corn)
- 2 cups dry quinoa
- ¼ cup almonds or other nuts
- 1 loaf of whole wheat bread *optional*

Fresh Produce

- 2 carrots
- ½ onion
- 2 cloves garlic
- 1 small zucchini
- 1 bunch cilantro
- 1 lime
- 1 lemon
- 1 jalapeño
- ½ lb. raw asparagus
- ½ lb. radishes
- 1 cup cherry tomatoes
- 1 bell pepper
- 1 cucumber
- 1 bunch scallions

Dairy

- ⅓ cup feta cheese

Meats

- Chicken (optional)

Pantry Staples

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

- Vinegar
- Dijon mustard
- Dry thyme or Italian herbs
- Salt and pepper
- Olive oil

Warm Lentil Salad

The garlic and dijon mustard give this salad a zesty flavor that you'll love.

Makes 4 servings. ½ cup per serving.
Ready in 20 minutes.

Ingredients

1 can lentils, drained and rinsed
½ Tablespoon vinegar
1-2 carrots, chopped
1 Tablespoon Dijon mustard (optional)
½ onion, chopped
1 teaspoon dry thyme or Italian herbs
2 cloves garlic, minced
Salt and Pepper
1 Tablespoon olive oil

Directions

1. Heat oil over medium heat in a sautee pan/skillet.
2. Add carrots, onion and a pinch of salt and pepper. Cook until soft, 5-8 minutes.
3. Add garlic and herbs (optional), cook for one minute.
4. Add lentils, vinegar and mustard (optional). Cook until lentils are warm, about 3 minutes.

Nutrition information per serving: Calories 188, Total fat 4.4g, Saturated fat 0.6g, Carbohydrates 28g, Protein 10g, Fiber 4g, Sodium 325mg

Recipe Source: SuperFood Drive

Asparagus and Red Quinoa Salad

Makes 3 servings. 1 cup per serving.
Ready in 10 minutes.

Ingredients

2 cups cooked quinoa
2 Tablespoons olive oil
2 Tablespoons lemon juice
½ lb. raw asparagus, sliced
¼ lb. radishes, sliced
¼ cup cilantro, roughly chopped
¼ cup almonds
1 teaspoon salt
½ teaspoon pepper

Directions

1. Toss cooked quinoa with olive oil, lemon juice, asparagus, radishes, cilantro and almonds.
2. Season with salt and pepper.

Nutrition information per serving: Calories 355, Total fat 13g, Saturated fat 1.5g, Carbohydrates 48g, Protein 12g, Fiber 7g, Sodium 488mg

Recipe Source: Leah's Pantry

Three Sisters Salad

The "three sisters" are corn, beans, and squash (like zucchini). Native Americans planted them together in the garden because they help each other grow. The "three sisters" also work together to give your body a nutritious meal.

Makes 4 servings. 1 cup per serving.
Ready in 15 minutes.

Ingredients

- 1 (15-oz.) can low-sodium or no salt added beans, such as black, kidney, or garbanzo beans
- 1 (11-oz.) can corn with red and green peppers, drained (or 1 cup fresh or frozen corn, thawed)
- 1 small zucchini, chopped
- 1 Tablespoon chopped cilantro
- 2 Tablespoons lime juice, about ½ lime
- 1 jalapeño, seeds removed and finely chopped **optional**

Directions

1. Carefully open can of beans. Drain beans and pour into a medium bowl.
2. Add corn, zucchini, cilantro, lime juice, and jalapeño (optional). Stir to combine.
3. Serve right away or refrigerate for later.

Nutrition information per serving: Calories 220, Total fat 1g, Saturated fat 0g, Carbohydrates 43g, Protein 11g, Fiber 13g, Sodium 331mg

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

Quinoa Veggie Salad

This quinoa salad is sure to be a favorite! Toss in some chicken or salmon for added protein.

Ingredients

- 2 cups quinoa
- 3 cups water, veggie or chicken broth
- 2 Tablespoon olive oil
- 1 teaspoon grated lemon rind
- 2 teaspoon lemon juice
- ½ teaspoon salt
- 1 cup cherry tomatoes, quartered
- 1 green bell pepper, chopped
- ½ cucumber, chopped
- 2 medium carrots, chopped
- ⅓ cup (1 ½ oz.) feta, crumbled **optional**
- 2 scallions, finely sliced

Directions

1. Rinse quinoa. Bring water or broth to a boil in large saucepan; stir in quinoa.
2. Cover and simmer 15 minutes, or until absorbed. Quinoa can also be cooked in a rice cooker or microwave.
3. Whisk together olive oil, grated lemon rind, lemon juice and salt for dressing.
4. Add dressing and remaining ingredients to quinoa; toss well and serve.

Nutrition information per serving: Calories 161, Total fat 5.3g, Saturated fat 1.2g, Carbohydrates 23.5g, Protein 5.5g, Fiber 3.2g, Sodium 165mg

Recipe Source: Leah's Pantry