

Healthy Lunch Ideas

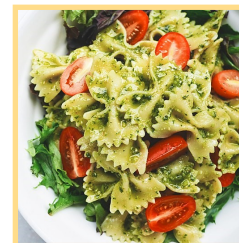
Avocado Tuna Salad:

- 1 small can of tuna
- 1/2 ripe avocado, chopped
- 1/4 cup thinly sliced red onion
- 1 tablespoon extra virgin olive oil
- 2 teaspoons lemon juice
- 1 tablespoon chopped fresh cilantro



Pesto Pasta Salad:

- 1 cup cooked whole wheat pasta
- 1/2 cup grape tomatoes
- 2 tablespoons basil pesto
- 1/4 cup of small fresh mozzarella balls
- 1 tablespoon chopped fresh parsley



Quinoa Salad:

- 1/2 cup cooked quinoa
- 1/4 cup black beans
- 1/4 cup chopped cucumbers
- 1/4 cup chopped red bell peppers
- 1 tablespoon chopped fresh parsley
- 1 teaspoon olive oil
- 1 teaspoon lemon juice



Chickpea Stuffed Pita Sandwich:

- 1/2 whole wheat pita
- 1/3 cup chickpeas
- 1/2 cup baby spinach leaves
- 1 sliced tomato
- 4 cucumber slices
- 1 tablespoon plain yogurt as dressing



Turkey Avocado Wrap:

- 1 whole wheat tortilla
- 2 slices of low sodium turkey
- 1/4 cup veggies like cucumber, tomatoes, or bell peppers
- 1/2 ripe avocado, sliced
- 1 tablespoon hummus



Vegetarian Stuffed Peppers:

- 1 bell pepper, halved and stuffed with:
- 1/3 cup of cooked white beans
 - 1/3 cup of cooked brown rice
 - 1/2 medium tomato, chopped
 - 1 tablespoon olive oil



Bake in oven at 350 F for 25-30 minutes

Black Bean Tostada:

- 2 small warm corn tortillas
- 1/2 cup cooked black beans seasoned and mashed with ground cumin and garlic powder
- 1/2 ripe avocado, sliced
- 1/2 small chopped tomato
- 2 teaspoons chopped red onion
- 1 tablespoon fresh cilantro, chopped



Loaded Baked Sweet Potato:

- 1 roasted sweet potato, topped with:
- 1/2 cup pinto beans
 - 1/3 cup salsa
 - 1/4 ripe avocado, sliced
 - 2 tablespoons low-fat cheese
 - 1 tablespoon scallions, sliced

