# 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

**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

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