

# Lide Manje Midi Ekilibre (Healthy Lunch Ideas)

## Salad Zaboka ak Tuna:

- 1 ti bwat konsèv tuna
- 1/2 zaboka mi, rache
- 1/4 tas zonyen vyolèt rache
- 1 gwo kiyè lwil oliv kalite siperyè (extra virgin)
- 2 ti kiyè ji sitwon
- 1 gwo kiyè koryand fre ki rache



## Salad Pat Pesto:

- 1 tas pat ble konplè kwit
- 1/2 tas tomat rezen
- 2 gwo kiyè pesto ak bazilik
- 1/4 tas ti boul mozzarella fre
- 1 gwo kiyè pèsi fre ki rache



## Salad Kinola:

- 1/2 tas kinola kwit
- 1/4 tas pwa nwa
- 1/4 tas konkonm rache
- 1/4 tas pwavwon wouj rache
- 1 gwo kiyè pèsi fre ki rache
- 1 ti kiyè lwil oliv
- 1 ti kiyè ji sitwon



## Sandwich Pita Fasi ak Pwa Chich:

- 1/2 pita ak ble konplè
- 1/3 tas pwa chich
- 1/2 tas boujon epina
- 1 tomat ki rache
- 4 mòso konkonm
- 1 gwo kiyè yawout konplè pou vinegrèt



## Wrap Kodenn ak Zaboka:

- 1 tòtiya ble konplè
- 2 mòso kodenn ki pa gen anpil sèl
- 1/4 tas legim tankou konkonm, tomat, oswa pwavwon wouj
- 1/2 zaboka mi, rache
- 1 gwo kiyè hummus



## Pwavwon Fasi pou Vejetaryen:

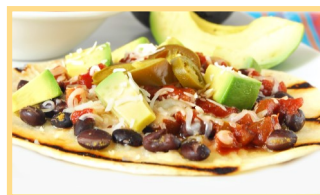
- 1 pwavwon, koupe an de (2) epi ki fasi:
- 1/3 tas pwa blan kwit
  - 1/3 tas diri jòn kwit
  - 1/2 tomat mwayèn, rache
  - 1 gwo kiyè lwil oliv



**Mete anba fou ak 350 degre Farenay pandan 25-30 minit**

## Tostada pwa nwa:

- 2 ti tòtiya mayi cho
- 1/2 pwa nwa kwit, ki gen epis epi ki kraze ak cumin moulen epi poud lay
- 1/2 zaboka mi, rache
- 1/2 ti tomat rache
- 2 ti kiyè zonyon vyolèt ki rache
- 1 gwo kiyè koryand ki rache



## Patat Dous ki pase anba Fou:

- 1 patat dous woti, akonpanye ak:
- 1/2 tas pwa mayami (pinto)
  - 1/3 tas sòs
  - 1/4 zaboka mi, rache
  - 2 gwo kiyè fwamaj ki pa gen anpil grès
  - 1 gwo kiyè echalòt, an mòso

