



Lunch Recipes for Work

Tuscan-Style Tuna Salad	2
Peanut Tofu Wrap	3
Ravioli & Vegetable Soup	4
Chicken Waldorf Salad	5
Turkey, Corn & Sun-Dried Tomato Wraps.....	6
Veggie Egg Salad	7
Salmon Salad Bento Box.....	8
Garden Pasta Salad	9

EatingWell
WHERE GOOD TASTE MEETS GOOD HEALTH



Tuscan-Style Tuna Salad

Makes: 4 servings, about 1 cup each

Active time: 10 minutes | **Total:** 10 minutes

To make ahead: Cover and refrigerate for up to 2 days.

Heart Health Diabetes Weight Loss Gluten Free

This streamlined version of a northern Italian idea is perfect for a summer evening: no-fuss, no-cook and big taste. You can even make it ahead and store it, covered, in the refrigerator for several days. If you do, use it as a wrap filling for the next day's lunch.

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| 2 5-ounce cans chunk light tuna, drained
(see Notes) | 4 scallions, trimmed and sliced |
| 1 15-ounce can small white beans, such
as cannellini or great northern, rinsed
(see Notes) | 2 tablespoons extra-virgin olive oil |
| 10 cherry tomatoes, quartered | 2 tablespoons lemon juice |
| | 1/4 teaspoon salt |
| | Freshly ground pepper to taste |

Combine tuna, beans, tomatoes, scallions, oil, lemon juice, salt and pepper in a medium bowl. Stir gently. Refrigerate until ready to serve.

Per serving: 199 calories; 9 g fat (1 g sat, 6 g mono); 17 mg cholesterol; 20 g carbohydrate; 0 g added sugars; 16 g protein; 6 g fiber; 555 mg sodium; 549 mg potassium.

Nutrition bonus: Vitamin C (20% daily value).

Carbohydrate servings: 1

Exchanges: 1 starch, 1 vegetable, 3½ lean meat, 1 fat

Notes: Chunk light tuna, which comes from the smaller skipjack or yellowfin, has less mercury than canned white albacore tuna. The FDA/EPA advises that women who are or might become pregnant, nursing mothers and young children consume no more than 6 ounces of albacore a week; up to 12 ounces of canned light tuna is considered safe.

When you use canned beans in a recipe, be sure to rinse them first in a colander under cold running water, as their canning liquid often contains a fair amount of sodium.



Peanut Tofu Wrap

Makes: 1 serving

Active time: 10 minutes | **Total:** 10 minutes

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Baked tofu tossed with storebought Thai peanut sauce makes a quick and healthy sandwich filling. Finish the sandwich with your favorite crunchy vegetables for added nutrients and fiber.

1 tablespoon store-bought Thai peanut sauce

1 8-inch whole-wheat flour tortilla

2 ounces thinly sliced seasoned baked tofu

1/4 cup sliced red bell pepper

8 thinly sliced snow peas

Spread peanut sauce on the tortilla. Place tofu, peppers and snow peas in the center; fold the sides over the filling and roll up.

Per serving: 310 calories; 12 g fat (2 g sat, 0 g mono); 0 mg cholesterol; 30 g carbohydrate; 19 g protein; 5 g fiber; 693 mg sodium; 154 potassium. **Nutrition bonus:** Vitamin C (90% daily value), Vitamin A (50% dv), Iron (20% dv).

Carbohydrate servings: 1½

Exchanges: 1½ starch, 1 vegetable, 2 medium fat meat



Ravioli & Vegetable Soup

Makes: 4 servings, about 2 cups each

Active time: 25 minutes | **Total:** 25 minutes

To make ahead: Cover and refrigerate for up to 3 days. Thin with broth before reheating, if desired.

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Fresh or frozen ravioli cook in minutes and turn this light vegetable soup into a main course. Look for whole-wheat or whole-grain ravioli in the refrigerated or frozen section of the supermarket. Tortellini can be used instead of ravioli as well. Recipe by Nancy Baggett for EatingWell.

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| 1 tablespoon extra-virgin olive oil | 1 14-ounce can vegetable broth or reduced-sodium chicken broth |
| 2 cups frozen bell pepper and onion mix, thawed and diced | 1 ½ cups hot water |
| 2 cloves garlic, minced | 1 teaspoon dried basil or marjoram |
| ¼ teaspoon crushed red pepper, or to taste (optional) | 1 6- to 9-ounce package fresh or frozen cheese (or meat) ravioli, preferably whole-wheat |
| 1 28-ounce can crushed tomatoes, preferably fire-roasted | 2 cups diced zucchini (about 2 medium) |
| | Freshly ground pepper to taste |

Heat oil in a large saucepan or Dutch oven over medium heat. Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute. Add tomatoes, broth, water and basil (or marjoram); bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

Per serving: 263 calories; 9 g fat (3 g sat, 3 g mono); 28 mg cholesterol; 38 g carbohydrate; 0 g added sugars; 11 g protein; 7 g fiber; 749 mg sodium; 760 mg potassium. **Nutrition bonus:** Vitamin C (60% daily value), Vitamin A (41% dv), Iron & Potassium (22% dv), Calcium (16% dv).



Chicken Waldorf Salad

Makes: 4 servings, about 1 ½ cups each

Active time: 15 minutes | **Total:** 15 minutes

To make ahead: Cover and refrigerate for up to 2 days.

Cost per serving: under \$2.50

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Leftover cooked chicken makes this chicken Waldorf salad, loaded with apples, grapes, celery and walnuts, a snap to assemble. If you use rotisserie chicken, keep in mind that it's salty and omit the salt in the dressing. Serve over watercress, with a chunk of whole-grain baguette.

⅓ cup low-fat mayonnaise

⅓ cup nonfat or low-fat plain yogurt

2 teaspoons lemon juice

¼ teaspoon salt

3 cups chopped cooked chicken breast
(see *Tips*)

1 medium red apple, diced

1 cup halved red or green grapes

1 cup sliced celery

½ cup chopped walnuts, toasted if desired
(see *Tips*), divided

Whisk mayonnaise, yogurt, lemon juice and salt in a large bowl. Add chicken, apple, grapes, celery and ¼ cup walnuts. Stir to coat well. Serve topped with the remaining ¼ cup walnuts.

Per serving: 356 calories; 16 g fat (2 g sat, 3 g mono); 78 mg cholesterol; 23 g carbohydrate; 1 g added sugars; 31 g protein; 3 g fiber; 408 mg sodium; 537 mg potassium. **Nutrition bonus:** Magnesium, Potassium & Vitamin C (15% daily value).

Tips: If you want cooked chicken in a hurry, the easiest way to cook it is to poach it. Place boneless, skinless chicken breasts in a skillet or saucepan. Add lightly salted water (or chicken broth) to cover and bring to a boil. Cover, reduce heat to low and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 15 minutes. (1 pound raw boneless, skinless chicken breasts = about 2½ cups chopped or shredded cooked chicken)

To toast chopped, small or sliced nuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.



Turkey, Corn & Sun-Dried Tomato Wraps

Makes: 4 servings

Active time: 20 minutes | **Total:** 20 minutes

Cost per serving: under \$2

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Fresh corn kernels, tomatoes and lettuce fill these hearty turkey wraps. This wrap is great for picnics or when you need to have dinner on the run. Add some crumbled feta or shredded Cheddar for another layer of flavor. Serve with carrot sticks, sliced bell pepper or other crunchy vegetables plus your favorite creamy dressing.

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| 1 cup corn kernels, fresh (see Tip) or frozen (thawed) | 1 tablespoon red-wine vinegar or cider vinegar |
| ½ cup chopped fresh tomato | 8 thin slices low-sodium deli turkey (about 8 ounces) |
| ¼ cup chopped soft sun-dried tomatoes (see Tip) | 4 8-inch whole-wheat tortillas |
| 2 tablespoons canola oil | 2 cups chopped romaine lettuce |

1. Combine corn, tomato, sun-dried tomatoes, oil and vinegar in a medium bowl.
2. Divide turkey among tortillas. Top with equal portions of the corn salad and lettuce. Roll up. Serve the wraps cut in half, if desired.

Per serving: 321 calories; 12 g fat (1 g sat, 5 g mono); 35 mg cholesterol; 35 g carbohydrate; 0 g added sugars; 19 g protein; 4 g fiber; 682 mg sodium; 325 mg potassium.

Nutrition bonus: Vitamin A (47% daily value).

Carbohydrate servings: 2

Exchanges: 1½ starch, 1 vegetable, 3 lean meat, 2 fat

Tip: To remove corn kernels from the cob, stand an ear of corn on one end and slice the kernels off with a sharp knife. One ear will yield about ½ cup kernels.

Look for soft sun-dried tomatoes (not oil-packed) in the produce section of most supermarkets. If you can only find dry (and hard) sun-dried tomatoes, soak them in boiling water for about 20 minutes before using.



Veggie Egg Salad

Makes: 4 servings, about $\frac{3}{4}$ cup each

Active time: 25 minutes | **Total:** 25 minutes

To make ahead: Cover and refrigerate for up to 2 days.

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Crunchy carrot, cucumber and scallions are a colorful addition to this vegetarian egg salad recipe. Pack it with some crunchy crackers and tomatoes for a healthy, light lunch.

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| 3 tablespoons nonfat plain yogurt | $\frac{1}{2}$ cup finely chopped carrot |
| 3 tablespoons reduced-fat mayonnaise | $\frac{1}{2}$ cup chopped cucumber, peeled and seeded if desired |
| $\frac{1}{4}$ teaspoon freshly ground pepper | $\frac{1}{4}$ cup sliced scallions |
| $\frac{1}{8}$ teaspoon salt | |
| 8 hard-boiled eggs (see <i>Tip</i>) | |

1. Combine yogurt, mayonnaise, pepper and salt in a medium bowl.
2. Halve eggs and discard 4 of the yolks (or save for another use). Add whites and the remaining 4 yolks to the bowl and mash to desired consistency. Gently stir in carrot, cucumber and scallions.

Per serving: 135 calories; 7 g fat (2 g sat, 2 g mono); 189 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 11 g protein; 1 g fiber; 314 mg sodium; 248 mg potassium.

Tip: To hard-boil eggs, place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and cover the eggs with ice-cold water. Let stand until cool enough to handle before peeling.



Salmon Salad Bento Lunch

Makes: 1 serving

Active time: 15 minutes | **Total:** 15 minutes

To make ahead: Cover and refrigerate the salad (Step 1) for up to 2 days.

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Watercress acts as a tasty divider between the salmon salad and crackers. Multicolored peppers and grapes add color to this bento and boost your daily servings of fruits and veggies.

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| ½ cup boneless, skinless canned salmon, flaked (2 ½ ounces) | 1 teaspoon rinsed and chopped capers |
| 1 tablespoon extra-virgin olive oil | ½ cup watercress, tough stems removed |
| 1 tablespoon lemon juice | 1 ounce small whole-grain crackers (about 16) |
| 2 kalamata olives, pitted and diced | 1 cup mixed vegetables, such as bell peppers and carrots, cut into sticks |
| 1 teaspoon minced red onion, or to taste | 1 cup mixed grapes |
| 1 teaspoon minced fresh parsley | |

1. Combine salmon, oil, lemon juice, olives, red onion, parsley and capers in a small bowl.
2. Pack the salmon salad, watercress and crackers in one medium container.
3. Fill another medium container with vegetables and grapes.

Per serving: 527 calories; 27 g fat (4 g sat, 14 g mono); 45 mg cholesterol; 58 g carbohydrate; 19 g protein; 7 g fiber; 695 mg sodium; 762 mg potassium. **Nutrition bonus:** Vitamin A (240% daily value), Vitamin C (180% dv), Potassium (22% dv), Calcium (20% dv), Iron (15% dv).



Garden Pasta Salad

Makes: 6 servings, 1 cup each

Active time: 35 minutes | **Total:** 35 minutes

To make ahead: Cover and refrigerate for up to 1 day.

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This lightly dressed pasta salad gets lots of flavor from kalamata olives and basil. A colorful mix of diced bell pepper, shredded carrot and tomatoes adds vitamins and minerals. Serve on a crisp bed of greens. Toss in canned chunk light tuna, cooked chicken or flavored baked tofu to add protein and make it more substantial.

2 cups whole-wheat rotini (6 ounces)
1/3 cup reduced-fat mayonnaise
1/3 cup low-fat plain yogurt
2 tablespoons extra-virgin olive oil
1 tablespoon red-wine vinegar or lemon juice
1 clove garlic, minced
1/8 teaspoon salt

Freshly ground pepper to taste
1 cup cherry or grape tomatoes, halved
1 cup diced yellow or red bell pepper (1 small)
1 cup grated carrots (2-4 carrots)
1/2 cup chopped scallions (4 scallions)
1/2 cup chopped pitted kalamata olives
1/3 cup slivered fresh basil

1. Bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally, until just tender, 8 to 10 minutes, or according to package directions. Drain and refresh under cold running water.

2. Whisk mayonnaise, yogurt, oil, vinegar (or lemon juice), garlic, salt and pepper in a large bowl until smooth. Add the pasta and toss to coat. Add tomatoes, bell pepper, carrots, scallions, olives and basil; toss to coat well.

Per serving: 205 calories; 9 g fat (2 g sat, 5 g mono); 1 mg cholesterol; 29 g carbohydrate; 6 g protein; 4 g fiber; 291 mg sodium; 269 mg potassium. **Nutrition bonus:** Vitamin C (97% daily value), Vitamin A (70% dv), Fiber (17% dv).

About EatingWell

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- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

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We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...

- Heart Health** has limited saturated fat.
- Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- Weight Loss** has reduced calories (and limited saturated fat).
- Gluten Free** does not contain wheat, rye, barley or oats.
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

Photography by Ken Burris.

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