



BROWN BAGGIN' IT



LEAVE IT OVER & CHANGE IT UP

Do you get tired of eating the same thing two days in a row, or having leftovers of just one dinner component? Reinvent your dinner into a whole new lunch meal by adding other ingredients. Feel free to mix, match, and add to the below.

INGREDIENTS	USES
Mediterranean-Style: Cucumber, tomato, feta, red onion, olive, garbanzo, kidney, or white beans, artichoke hearts, eggplant, yogurt, balsamic or lemon vinaigrette	Pasta, couscous, quinoa, bulgur, or barley salad; sandwich, wrap, pita or bagel fillings/toppings; flatbread pizza; Greek salad; potato salad
Asian-Style: Carrots, snap peas, celery, sesame seeds or oil, cucumber, cabbage, tofu, edamame, sweet potato/yam, greens, asparagus, nuts, bell pepper, green beans, sprouts, zucchini, broccoli, cauliflower, brussels sprouts	Noodle, rice, quinoa, bulgur, or barley salad; sandwich or wrap; Asian green salad; toss more into leftover stir-fry; Sweet potato salad
Mexican-Style: Corn, jalapeños, cabbage, black beans, queso fresco, bell pepper, avocado, tomato, onion, jicama, zucchini	Couscous, rice, bulgur, or barley salad; sandwich, wrap, or quesadilla filling; green salad; potato salad
Pre-cooked chicken, grilled chicken, fish, canned tuna, sliced deli meats such as roast turkey or chicken	Add to any of the above; create a veggie tuna or chicken salad with plenty of chopped veggies, yogurt & olive oil
Hard-boiled egg, pre-cooked potatoes	Egg or potato salad (try adding chopped veggies!), egg or potatoes on green or grain salads
Uncooked green leafy vegetables, chopped	In foods that you will be reheating: add greens to prepared food and a little water before reheating
Fresh or dried fruit; Nut butters	Fruit salad or fruit on green salad; hard fresh fruit (apple, pear) or dried fruit in grain, tuna, or chicken salad; classic PB&J -- peanut (or almond or other nut) butter & jelly with fruit and/or nuts
Spices & Herbs	In everything!

Spread & Chips

Any Bean Hummus (or Tofu Spread)

Makes about 2 cups, ~20 small/10 large servings

Ingredients

- 1 can of beans , drained*
- 3-4 tablespoons tahini
- 1-2 tablespoons olive oil
- Juice from ½ lemon
- Salt, herbs, & spices to taste

Directions

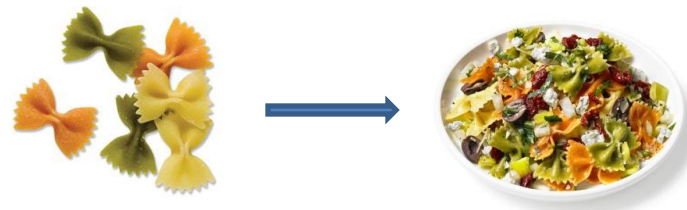
1. Pour drained beans into food processor. Fill empty bean can ¼ way up with water and add about half to beans.
2. Add tahini, olive oil, lemon and more water if needed and blend until desired consistency reached.
3. Blend in salt, herbs, and spices to taste.

Ideas: White bean oregano or basil spread, black or kidney bean & cumin hummus, parsley & garlic garbanzo spread

***For Tofu Spread:** Use 1 block of extra firm tofu in place of beans (remove excess water by squeezing) and replace added water with white or red wine vinegar.

Pita or Wrap Chips

Cut pita or whole wheat wrap into triangles. Place triangles into mixing bowl and drizzle with olive oil then add a pinch of salt and dash of paprika. Toss to coat and cook on a baking sheet at 400°F for 10-15 minutes.



Reinvented Leftovers

Salmon Wrap- Whole wheat tortilla or wrap spread with white bean hummus. Filled with salmon, cucumber, red onion, and lettuce tossed in olive oil and lemon.

Veggie Wrap- Whole wheat tortilla or wrap filled with sweet potato, tomato, cucumber, feta, and lettuce tossed in sesame oil and lemon.

Mediterranean Penne Pasta Salad- Penne pasta tossed with cucumber, tomato, garbanzo beans, feta, & balsamic vinaigrette.

Brown Rice & Sweet Potato Pilaf- Brown rice, sweet potato, kale, garbanzo beans, and red onion tossed in toasted sesame oil.

Lunch Tip

Prepare some ingredients beforehand such as chopped veggies, steamed potato, sweet potato, or winter squash, spreads, grains, and hard boiled eggs so their readily available to add to your lunch as needed.

