

Lunch – Eat Well at Work

Fall 2015



Smashed White Bean Collard Wrap

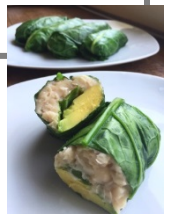
Serves 4

Ingredients

- 4 large collard leaves
- 1 15-oz can white beans, rinsed
- 2 tablespoons olive oil
- 1 teaspoon lemon juice
- ¼ teaspoon salt or to taste
- Black pepper to taste
- 1 large avocado, sliced
- 2-4 cups baby spinach or other leafy green, or other veggie (halved cherry tomatoes, shredded carrots, sliced cucumber, sliced bell pepper, shredded purple cabbage)

Directions

1. Fill a large skillet with 1 inch of water heat over high heat.
2. Wash collard leaves and cut off stem. Use a paring knife to trim the thick part of the remaining spine so that it is flat with the rest of the leaf.
3. Fill a large bowl with ice water.
4. Once water is simmering, add one collard leaf and submerge for about 30 seconds. Remove and immediately plunge into ice water. Repeat with remaining collard leaves. Dry and set aside.
5. Combine beans with olive oil, lemon juice, salt and pepper. Mash with a fork until it forms a thick paste, adding more olive oil if necessary.
6. Assemble wraps by placing into rows on the collard leaves ¼ of the bean mixture, ¼ of the avocado, and veggies of choice. Wrap it up like a burrito, cutting in half if desired.



Tip You can use the collard wrap to replace the bread or tortilla in any of your favorite sandwiches or wraps, other than maybe PB & J!

Tip

You can substitute tuna for salmon. Limit albacore to ~6 oz./week to reduce mercury consumption

Mediterranean Salmon Salad



Serves 2

Ingredients

- 1 6-oz can salmon or tuna, drained
- ¼ cup red bell pepper or other color, diced
- ¼ cup jarred artichoke hearts, quartered
- 2 tablespoons olives, sliced
- 2 tablespoons sundried tomatoes, julienned
- 2-3 tablespoons hummus
- 1 tablespoon fresh parsley, minced
- 1 teaspoon lemon juice

Directions

1. Combine all ingredients, starting with 2 tablespoons hummus. Add more if necessary to reach desired consistency.

Serving suggestions: on mini bell peppers, in a lettuce or collard wrap, in a sandwich on whole grain bread, or on top of a salad.



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Roasted Veggie Lunch Bowl

Serves 4



Tip

Substitute other veggies, healthy proteins, or dressings!



Ingredients

- 1 sweet potato, peeled or unpeeled, sliced into 1/4 inch slices
- 2-3 cups broccoli, cut into florets
- 4 cups baby arugula
- 2 cups grape tomatoes, halved
- 1 15-oz can black beans, rinsed
- 2 tablespoons olive oil
- 1/2 cup hummus
- salt to taste

Tip

Portion into 4 containers on Sunday or Monday night and bring daily to work

Directions

1. Preheat oven to 400°F. Toss sweet potato and broccoli with olive oil and spread in an even layer on a baking sheet. Bake for about 20 minutes, flipping sweet potato and stirring broccoli halfway, until vegetables are tender and golden brown. Add salt to taste.
2. Assemble 1/4 of the arugula, beans, tomatoes, sweet potato, and broccoli into a bowl or reusable container. Top each serving with 2 tablespoons hummus. Serve warm or portion into 4 containers, refrigerate, and bring one to lunch each day.

Whole Grain Salad with Miso Dressing



Serves 4

Ingredients

- 1 cup wild rice
- 1 12-14 oz. package of firm or extra firm tofu
- 1 red bell pepper, diced
- 1 cup shelled edamame
- 1 tablespoon olive oil, divided
- 2 teaspoons reduced sodium tamari or soy sauce
- 1 tablespoon sesame seeds
- 2 cups carrots, peeled and diced

Directions

1. Rinse the wild rice, then add to a saucepan with 3 cups water. Bring to a boil, then reduce heat to a simmer and cook for 45-55 minutes. When the rice is tender, drain any excess water and fluff with a fork.
2. Meanwhile, drain the tofu and place between two towels and gently squeeze to remove excess liquid. Cut into cubes. Heat a skillet over medium high heat, then add 2 teaspoons oil. Add tofu and cook until it gets crisp on most sides, stirring occasionally, about 7-8 minutes. Add tamari and cook for 1 minute.
3. Leave carrots raw, or cook according to these instructions: Preheat oven to 400°F. Toss carrots with 1 teaspoon oil then spread into an even layer on a baking sheet. Bake for 15 minutes or until carrots are tender, stirring halfway.
4. Combine all dressing ingredients in a small bowl or jar and stir until well combined. In a large bowl, combine all salad ingredients and toss with the dressing. Garnish with sesame seeds. Serve at room temperature or cold.

Dressing

- 1/4 cup miso, reduced sodium if possible
- 1/4 cup rice or white vinegar
- 1 tablespoon sesame oil
- 1/4 cup shallot, minced



Tip

This recipe can be made with any whole grain of choice. Follow package instructions for amount of water and cooking time.