



Maya W. Paul's Lunch Recipes

Note: These recipes are a supplement to Helpguide's Healthy Recipes article. Please refer to article for references and additional notes. (http://www.helpguide.org/life/healthy_recipes.htm)

Veggie Deluxe Sandwich

Avocados are high in the good monounsaturated fat, which has been shown to actually help lower cholesterol levels.

Ingredients:

- 2 slices whole wheat bread
- 2 Tbsp. hummus
- ¼ avocado, sliced
- 2 oz. low-fat cheese
- 1 large leaf of lettuce, torn into large pieces
- 1 small tomato, sliced
- Other veggies of your choice (shredded carrots, sliced cucumbers, onion slices, etc.)
- Dash of vinegar & olive oil (optional)

Directions:

1. Spread the hummus on one side of each slice of bread
2. Add all other ingredients in layers
3. Add the vinegar & oil over the veggies

Grilled Chicken & Artichoke Salad

Artichokes are an antioxidant powerhouse because of their phytonutrients. They are filled with vitamin C, magnesium, potassium, fiber and much more.

Ingredients:

- 2 cups mixed greens
- 3 artichoke hearts, cut into quarters
- 2 oz. chicken breast, cut into small chunks
- ½ cup cucumbers, sliced
- ¼ cup carrots, sliced
- 1 medium tomato, cut into small wedges
- Vinaigrette dressing*

Directions:

1. Toss mixed greens with tomatoes, cucumbers, carrots (and any other veggies you wish to add)
2. Top with the artichokes and the chicken
3. Add vinaigrette dressing

*Vinaigrette dressing is easy to make. Mix 2 tsp. vinegar (or lemon) with ½ tsp. mustard, then add 1 – 2 Tbsp. olive oil and season with salt & pepper (and any other herbs you like such as dill or basil).

Whole Grain Salad

Ingredients:

- 1 cup cooked whole grain (such as brown rice, wild rice, millet or barley)
- 1 scallion, sliced
- 1 small celery stalk, sliced
- ½ bell pepper, seeded and chopped
- ½ cup mandarin oranges
- 2 Tbsp. raisins
- 2 Tbsp. toasted nuts
- 2 cups lettuce greens (mixed or romaine)

Dressing:

- 1 Tbsp. olive oil
- 1 Tbsp. cider vinegar
- 1 tsp. orange or mandarin juice
- ½ garlic clove pressed
- 1 tsp. low sodium soy sauce
- dash of salt & pepper

Directions:

1. In a small bowl add the grain and all other ingredients, except the lettuce
2. Toss with the dressing and let sit for at least few minutes for flavors to meld
3. Sprinkle dressed ingredients onto the lettuce
4. If needed, drizzle a little more olive oil and vinegar over the salad.

Potato Lentil Soup with Greens

Green veggies are the foods most missing from our modern diet. Greens are packed with iron, calcium, magnesium, potassium, phosphorous, zinc and vitamins A, C, E and K. They also have tons of fiber, folic acid, chlorophyll and more.

Ingredients:

- 1 Tbsp. oil
- 1 large onion, chopped
- 2 large carrots, chopped
- 2 – 3 stalks of celery, chopped
- 2 – 3 red potatoes, cut into cubes
- 2 – 3 cups of a hearty green (one type or a mixture of kale, mustard, collards, etc.), washed, stripped from stalks, and coarsely torn into small pieces
- 1½ cups red lentils, rinsed
- 6 cups water or veggie stock
- 1 tsp. cumin
- 2 tsp. turmeric
- ½ tsp. thyme
- ½ tsp. oregano
- ½ tsp. basil
- 2 bay leaves
- 1 tsp. salt (or to taste)
- Lemon juice to taste (about ½ a lemon)

Directions:

1. Heat oil in a stockpot over medium heat.
2. Add onions and sauté for 10 – 15 minutes, until caramelized (golden & sweet)
3. Add cumin to onions and sauté for a minute more.
4. Add turmeric, thyme, oregano, basil, carrots, celery, potatoes, lentils, water, and bay leaves.
5. Bring to a boil, then turn down heat to simmer and cook partially covered for about 25 minutes, stirring occasionally
6. Lentils will look creamy when done, at that point, add salt and chopped kale.
7. Simmer, covered, for 5 – 10 minutes until greens are tender
8. Add lemon juice and adjust seasonings if necessary.
9. Serve on it's own for a lighter meal, or over a whole grain (i.e. brown rice) for a heartier meal.

Hummus

Hummus is made from chickpeas, which provides not just protein, but also fiber, copper, and folate and manganese.

Ingredients:

- 2 cans of chick peas (garbanzo beans)
- 2 small cloves of garlic
- 3 Tbsp. Tahini (sesame seed paste)
- Juice of two lemons (about ¼ - 1/3 cup) plus 2 Tbsp. water
- ½ tsp. salt (or to taste)
- ½ tsp. cumin
- ¼ cup olive oil

Directions:

1. Place chick peas, garlic, tahini, lemon juice, and water into a food processor
2. Blend until smooth
3. Add salt and cumin, blend thoroughly
4. Add olive oil while blending
5. This recipe is very easy to alter. Be creative. Try adding other herbs or spices that you like, such as dill or pesto.