

Snappy Solutions for Midday Monotony

Prepare and pack a healthy lunch in minutes with these delicious recipes, seen on Hill Physicians' *Nutrition Fit: Packing Your Lunch*. View the entire series and find recipes, tips for healthy living, and more at HillPhysicians.com/YourHealth.



Salads in a Snap

Basic Tossed Salad

Enjoy as a light meal or spoon into a pita pocket for an easy-to-eat lunch.

Ingredients

- 1 cup broccoli slaw, packaged or pre-washed
- 1 cup red cabbage, shredded
- 1 cup fresh spinach leaves
- ¼ cup canned beans, drained and rinsed
- 3 oz. cooked chicken, cubed or tuna
- 2 Tbsp. nonfat salad dressing (i.e. Trader Joe's Fat Free Balsamic Vinaigrette)

Directions

Mix the first 5 ingredients in a large bowl and pour the dressing over the top. Toss to mix.

Nutrition: Calories: 296; **Fat:** 4 g; **Chol:** 58 mg; **Sodium:** 1194 mg; **Carbs:** 30 g; **Protein:** 28 g.

Perfectly Paired Pasta Salad

Enough for one full serving, or two sides.

Ingredients

- 1 cup assorted veggies
- 1 tsp. vegetable or olive oil
- 1 cup whole wheat pasta, cooked and cooled
- ¼ cup canned chickpeas (garbanzo beans), drained and rinsed
- 2 Tbsp. light Italian dressing

Directions

Place the vegetables on a cooking sheet and drizzle with the oil. Broil until veggies are tender and remove from the oven to cool. Place cooled pasta in a large bowl, and mix in the cooled vegetables and chickpeas. Pour the dressing over, and toss gently.

Nutrition: Calories: 349; **Fat:** 6.7 g; **Chol:** 0 mg; **Sodium:** 670 mg; **Carbs:** 54 g; **Protein:** 11 g.



Classic Chicken Combos

Enjoy either of these salads over lettuce or spoon into a small whole-wheat pita pocket for an easy-to-eat lunch. Start by simply mixing the ingredients listed in a small bowl.

(Un)Common Chicken Salad

Ingredients

- 2 Tbsp. almond slivers
- 1 Tbsp. light mayonnaise
- 2 Tbsp. fat free, plain yogurt
- 3oz. chicken breast, diced
- 1 tsp. dill & 1 tsp. dry mustard (optional)

Nutrition (without pita): Calories: 383; **Fat:** 23 g; **Chol:** 64 mg; **Sodium:** 123 mg; **Carbs:** 9 g; **Protein:** 28 g. **Lighter Version:** Cut almonds to 1 Tbsp. for 299 cal. and 15 g fat.

Asian Chicken Salad

Ingredients

- 3 oz. grilled chicken breast, diced
- ½ cup peapods
- ½ cup carrots, shredded
- ½ cup canned mandarin orange slices packed in juice, drained
- 2 Tbsp. non-fat salad dressing

Nutrition (without pita): Calories: 270; **Fat:** 3 g; **Chol:** 58 mg; **Sodium:** 562 mg; **Carbs:** 20.4 g; **Protein:** 24 g.

Clever Cheese & Crackers



Ingredients

- 10 wheat crackers
- 3 oz. ham or turkey, sliced
- 3 oz. cheese, sliced
- 1 cup hulled strawberries
- ½ cup sugar-free pudding

Directions

Cut the meat and cheese slices into 5 pieces, each about the diameter of a cracker. Top each cracker with one piece of meat and one piece of cheese. Cover with a second cracker, for 5 mini-sandwiches. Dip the strawberries into the pudding and enjoy.

Nutrition: Calories: 683; **Fat:** 34 g; **Chol:** 141 mg; **Sodium:** 1307 mg; **Carbs:** 47 g; **Protein:** 42 g. **Lighter Version:** Cut cheese to 1oz. for 471 cal. and 16 g fat.

Snazzy Sandwiches

Re-invent the regulars with smaller portions of reduced calorie ingredients.

Traditional Turkey: Spread mustard on 2 slices of whole wheat bread or on the inside of a whole wheat pita. Layer turkey slices (approx. 3 oz), sliced cucumber, pickles, sprouts, and sliced tomato on one slice; cover with second, or layer inside of the pita. **Nutrition (with pita): Calories:** 275; **Fat:** 5 g; **Chol:** 60 mg; **Sodium:** 315 mg; **Carbs:** 27 g; **Protein:** 22 g.

Ham Pinwheels: Layer 2 slices of lean ham (approx. 2 oz) and 1 slice cheese (approx. 1 oz) on top of a 10-inch whole-wheat tortilla, and cover with a handful of baby spinach. Roll tightly and toothpick edges before slicing into 1-inch slices. **Nutrition: Calories:** 350; **Fat:** 12 g; **Chol:** 48 mg; **Sodium:** 1524 mg; **Carbs:** 40 g; **Protein:** 25 g.

