

LUNCH RECIPES

WARM SPINACH SALAD WITH SOY VINAIGRETTE



This salad is a fantastic spring and summer delight! It's not heavy on the stomach and provides the greenery that the body needs.

Makes 4 servings

Ingredients

- 1 tablespoon low-sodium soy sauce
- 2 tablespoons red-wine vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 3 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 2 cups cremini mushrooms, sliced 1/2 inch thick
- 2 cups shiitake-mushroom caps, sliced 1/2 inch thick
- 6 cups packed curly-leaf spinach
- 1 1/2 cups carrot ribbons (from 2 peeled carrots)

Directions

Preheat oven to 450 degrees. Whisk together soy sauce, vinegar, Dijon, honey, and oil. Season with salt and pepper. On a rimmed baking sheet, toss mushrooms with 2 tablespoons dressing. Roast, stirring once, until browned, about 15 minutes. Remove from oven; add spinach, carrots, and remaining dressing directly to hot baking sheet. Season with salt and pepper, toss to coat, and serve.

WHITE BEAN AND MOZZARELLA SANDWICH



The white beans add fiber which is great for the body's digestive track.

Makes 4 servings

Per serving: 414 calories, 4g fat

Ingredients

- 1 cup canned canellini beans, drained and rinsed
- 1 red bell pepper, seeded and cut into 4 pieces
- 2 tablespoons balsamic vinegar
- 1 teaspoon extra virgin olive oil
- 1 1 - pound loaf ciabatta bread
- 8 big leaves of arugula
- 8 basil leaves
- 5 ounces part skim mozzarella cheese, sliced
- cooking spray
- salt
- pepper

Directions

Heat a large pan, grill pan, or grill over medium-high heat. Spray pan with cooking spray or line grill rack with foil. Combine the next four ingredients in a bowl and add salt and pepper to taste. Using your hands, toss everything together so that the peppers and beans are evenly coated in the marinade. Remove just the peppers, reserving the beans and the marinade and place them on the hot pan. Cook, about 8 minutes a side until they're tender. Remove from pan to cool. Meanwhile, slice the ciabatta loaf in half horizontally, and then vertically into 4 equal top/bottom pieces. Hollow out the bread on the bottom of each of the sections to create a little divit. Fill the hollowed out areas of each of the bottom loaf pieces with 1/4 cup of marinated beans. Reserve remaining vinegar mixture. Finish each sandwich by layering on the basil, the cooled pepper, the arugula and 1/4 of the sliced mozzarella. Drizzle the remaining vinegar mixture over each sandwich and season again with salt and pepper to taste. Cover with top piece of bread.

MEATBALL PARMESAN SUB



Using turkey meatballs instead of beef is a great way to cut calories without sacrificing flavor. The secret is browning them in the pan first.

Makes 4 servings

Per serving: 503 calories, 17g fat

Ingredients

12 pre-cooked turkey meatballs (such as Shadybrook Farms)
1 cup good quality marinara sauce (such as Raos)
4 ounces mozzarella, thinly sliced
1/4 cup grated parmesan cheese
4 hoagie rolls, cut in half horizontally

Directions

Preheat the broiler on high. Coat a pan with cooking spray and heat over medium-high heat. Add the meatballs, turning occasionally until they're brown and caramelized all over, about 10 minutes. Add in marinara sauce and turn the heat down to medium-low. Cook for an additional 4 minutes. To make sandwiches, add 3 meatballs to each of the 4 rolls, pouring remaining marinara sauce evenly over the top of each sandwich. Cover with 1/4 of the parmesan and 1/4 of the mozzarella. Wrap the bottom of the sandwich in tin foil to stabilize, then broil, meatball side up, until cheese is melted and bubbly, about 3 minutes.

GRILLED PORTOBELLO AND GOAT CHEESE SANDWICH



This sandwich is great with the Portobello mushrooms and any other grill-friendly veggies you have on hand. Try asparagus, green beans or corn.

Makes 4 servings/sandwiches

Per serving: 342 calories, 8g fat

Ingredients

- 1/4 cup balsamic vinegar
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 red bell pepper cut into 4 and seeded
- 1 yellow bell pepper cut into 4 and seeded
- 1 zucchini, sliced lengthwise
- 4 portobello mushroom caps
- 4 2 - ounces goat cheese
- 2 tablespoons skim milk
- 4 ounces Kaiser rolls, cut in half horizontally
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh parsley
- salt
- pepper
- cooking spray

Directions

Heat grill to medium-high, spray with cooking spray or line rack with foil. Combine the next seven ingredients (vinegar through portobellos) in a large bowl, season with salt and pepper to taste and toss with hands to coat vegetables evenly. Place vegetables on grill, reserving excess vinegar mixture. Flip zucchini after 3 minutes and cook for another minute. Remove to cool. Flip remaining vegetables after 5 minutes and drizzle with remaining marinade. Cook another 4 minutes or until tender. Remove from grill and cut peppers and zucchini into bite-sized pieces. Meanwhile, in a small bowl, combine goat cheese and milk and stir until cheese is thinned and smooth. Spread 1/4 of the goat cheese mixture on each of the rolls and then layer on one mushroom, the rest of the vegetables and 1/4 of the herbs.

ASIAN CHICKEN SALAD SANDWICH



Purchase a pre-cooked grocery store rotisserie chicken at the beginning of the week and make quick and easy sandwiches from it all week long.

Makes 4 servings/sandwiches

Per serving: 531 calories, 22g total fat

Ingredients

- 1 pre-cooked rotisserie chicken
- 1/2 cup light mayonnaise
- 2 teaspoons dark sesame oil
- 1 tablespoon sesame seeds, toasted
- 2 scallions, chopped
- 1/2 red bell pepper, chopped
- 4 bulkie rolls, sliced horizontally
- salt
- pepper

Directions

Pull the meat off a rotisserie chicken, discarding the skin. Chop the meat into bite-sized pieces and place in a large bowl. Add the next 5 ingredients (mayonnaise through red pepper) season with salt and pepper to taste and stir gently with a spoon to combine. Divide mixture into 4 equal parts and add into bulkie roll.