

A close-up photograph of a hand garnishing a salmon toast. The toast is on a white plate with a floral pattern and is topped with a slice of salmon, shredded white cheese, sliced red onions, and fresh green herbs. In the background, there are fresh ingredients: a green bell pepper, a red radish, a lime, and a whole red onion. The text "5 Healthy Lunch Recipes to Try" is overlaid on the right side of the image in a bold, purple font.

**5 Healthy  
Lunch  
Recipes  
to Try**

# Grilled Veggies

## Ingredients

- 1/3 cup balsamic vinegar
- 1 tbsp Dijon mustard
- 3 garlic cloves, minced
- 1 tsp fresh rosemary, chopped
- 1/4 cup extra-virgin olive oil
- 1 red onion
- 2 zucchini
- 2 yellow squash
- 12 oz asparagus, trimmed
- 1 roasted red bell pepper
- 1 1/2 cup lightly packed arugula, chopped
- 1 cup mixed baby greens
- 2 tbsp fresh parsley, chopped



## Instructions

1. Whisk the balsamic vinegar, mustard, garlic and rosemary in a medium sized bowl.
2. Gradually add oil while stirring in a faster motion.
3. Heat barbecue or pan to medium high.
4. Brush onion, zucchini, yellow squash, and asparagus using the half of the balsamic dressing.
5. Grill the vegetables until just cooked through, turning occasionally.
6. Allow veggies cool slightly, then cut into small pieces and place in large bowl.
7. Add roasted bell pepper, arugula, and greens.
8. Toss with enough dressing to coat. Makes 4 servings. Calories per Serving: 194

# Healthy Lunch Pizza

## Ingredients

1 toasted whole wheat pita  
1/2 cup chopped tomatoes  
1/4 cup shredded part-skim mozzarella  
1/2 cup grilled chicken breast  
1/4 cup chopped sun-dried tomatoes  
garlic and oregano to taste

## Instructions

1. Top 1 toasted whole wheat pita with tomatoes, mozzarella, grilled chicken breast, and chopped sun-dried tomatoes.
2. Sprinkle with minced garlic and oregano
3. Put in the oven until cheese bubbles.

Calories per Serving: 367.8



# Pasta with Beans

## **Ingredients**

1 1/2 tbsp extra virgin olive oil  
1 onion, chopped  
1 (15 ounce) can beans  
2 tomatoes, chopped  
2 cups penne pasta  
salt to taste



## **Instructions**

1. Heat the oil in a frying pan. Add onion and then cook until translucent.
2. Add tomatoes and beans. Let it simmer for 10 minutes.
3. Bring a large pot of lightly salted water to a boil. Add pasta. Cook until al dente then drain.
4. Mix pasta with bean mixture, toss to coat. Makes 4 servings.

Calories per Serving: 286

# Healthy Roti

## Ingredients

- 1 tsp olive oil
- 1 small onion, peeled and sliced
- 1 cup chicken or vegetable broth
- 1 sweet potato, peeled and cubed
- 1 clove garlic, minced
- 1/2 tsp cumin
- 1/4 tsp each of coriander, cinnamon and turmeric
- 1/2 tsp hot sauce
- 1 cup canned chickpeas
- 1/4 cup coconut milk
- 2-3 large roti or wheat flour tortillas



## Instructions

1. Heat olive oil in a non-stick pan over medium heat. Add the onion and garlic.
  2. Add in the broth, sweet potato, cumin, coriander, cinnamon and turmeric.
  3. Cover the pan, stirring often for 15 minutes or until potato is tender. Season the dish with hot sauce.
  4. Mix the chick-peas and coconut milk. Bring to a boil.
  5. Divide the mixture between two roti shells. Roll to make a wrap.
- Makes 2 to 3 servings. Calories per Serving: 353

# Sesame Noodles with Chicken

## Ingredients

- 1 bag Japanese buckwheat soba noodles
- 5 tbsp low-sodium soy sauce
- 2 tbsp rice wine vinegar
- 1 tbsp sesame oil
- 2 tbsp honey
- 2 tsp honey mustard
- 1 tbsp creamy peanut butter
- 3/4 lb boneless, skinless chicken breast



## Instructions

1. Cook noodles according to the instruction in the package.
  2. Whisk together the soy sauce, rice wine vinegar, sesame oil, honey, honey mustard and peanut butter in a large bowl to make dressing.
  3. Boil the chicken. Shred and add to peanut mixture.
  4. Add the drained noodles and toss until all ingredients are mixed.
- Makes 4 servings. Calories per Serving: 208



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