

# Lunch Recipes

## Soups

### Lentil Soup

Prep Time: 15 minutes | Cook time: 60 minutes | Servings: 6

#### Ingredients:

Ingredients

2 tablespoons of olive oil  
1 medium onion, diced  
2 stalks of celery, diced  
2 carrots, peeled and diced  
2 cloves of garlic, minced (optional)  
4 cups of vegetable or chicken broth  
2 cups of water  
2 bay leaves  
½ cup of dry red lentils  
1 cup of dry green lentils  
½ cup uncooked brown rice  
1 teaspoon of dried thyme

**Option:** Add 1 turkey thigh or 2-3 chicken thighs with the lentils. Once the soup is cooked, debone, and add the meat to the soup.

#### Directions:

1. In a large pot, add olive oil over medium heat. Add onion, carrots, and celery and cook for 5 minutes, or until softened.
2. Add garlic. Cook for 1 minute.
3. Add broth, water, bay leaves, lentils, rice, and thyme to the pot. Bring to a boil.
4. Reduce heat to low, and simmer until lentils and rice are tender, about 45-60 minutes.
5. Remove bay leaves before serving.

**Tip:** Feel free to add any vegetables that you have in your fridge. Harder vegetables (cabbage, green beans, zucchini, cauliflower) should be added with the lentils. Leafy greens can be added for last few minutes of cooking.



## Butternut Chickpea Soup

Prep Time: 15 minutes | Cook time: 30 minutes | Servings: 6

### Ingredients:

1 tablespoon of olive oil  
1 onion, diced  
1 teaspoon of turmeric  
2 teaspoon of mild curry powder  
3 cloves, minced garlic  
1 medium butternut squash, peeled and diced  
2 cans (15oz) chickpeas, rinsed and drained  
1 sweet potato, cubed  
4 cups vegetable broth or water  
¼ teaspoon of black pepper  
½ teaspoon of salt

### Directions:

1. In a large pot, add olive oil and onion. Cook on medium-high for 5 minutes, until onion softens.
2. Add turmeric, curry powder, minced garlic. Cook for 1 minute.
3. Add broth, squash, chickpeas, sweet potato, salt and pepper. Bring to a boil.
4. Reduce heat to low, let simmer for about 25 minutes or until squash and sweet potato are tender.

## Minestrone Soup

Prep Time: 15 minutes | Cook time: 45 minutes | Servings: 4

### Ingredients:

4 tablespoons of olive oil  
1 medium onion, diced  
4 cloves of garlic, minced  
1 cup carrots, diced  
1 cup of celery, diced  
1 cup of cabbage, thinly sliced  
1 zucchini, diced  
1 can of beans (such as white kidney beans or mixed beans)  
1 large potato, diced  
6 cups of chicken or vegetable broth  
1 (15oz) can crushed tomatoes  
2 teaspoons of dried basil  
2 teaspoons of dried thyme  
1 teaspoon of salt

### Directions:

1. Heat the olive oil in a large pot over medium heat. Add onion, garlic, and carrots. Cook until they soften.
2. Add diced celery, potato, cabbage, zucchini and can of crushed tomatoes. Cook for 5 to 10 minutes.
3. Add beans and broth. Bring to a boil, reduce to low heat and simmer for 20 minutes. Stir occasionally.

## Cajun lentil soup

Dried lentils, root vegetables, and Cajun seasoning make this recipe a simple and wholesome soup with a kick!



Vegetarian



Freezer-friendly



PREP TIME  
20 min



COOK TIME  
40 min



SERVINGS  
4

### Ingredients

- 1 L (4 cups) sodium-reduced vegetable broth
- 1 L (4 cups) water
- 500 mL (2 cups) dried green or red lentils, rinsed and drained
- 20 mL (1½ tbsp) Cajun seasoning
- 250 mL (1 cup) yellow turnip, diced
- 2 carrots, diced
- 2 stalks celery, diced
- 1 onion, diced
- 2 mL (½ tsp) Worcestershire sauce
- 5 mL (1 tsp) fresh parsley, minced

### Directions

1. In a large pot, combine vegetable broth, water, and lentils and bring to a boil. Lower heat to medium and stir in the Cajun seasoning. Simmer for 15 minutes or until soft.
2. Add the yellow turnip, carrots, celery and onion and simmer for 20 more minutes. Add water if the soup becomes too thick.
3. Add the Worcestershire sauce and parsley when ready to serve.

### Tips

- ✓ Premade seasonings can be high in sodium. Try making your own Cajun seasoning by mixing 2 mL (½ tsp) each of cayenne, garlic powder, dried thyme, paprika, and black pepper with 1 mL (¼ tsp) each of onion powder and ground cumin. Add salt to taste.
- ✓ If you're pressed on time, try using canned instead of dry lentils. Drain and rinse them before adding at step 1.
- ✓ Try making this recipe with different legumes. Soak chickpeas or black beans overnight before cooking on medium heat for 30 minutes at step 1.
- ✓ Store leftover soup for up to 3 days in the refrigerator or up to 3 months in the freezer. If frozen, thaw in the refrigerator overnight and heat to a temperature of 165 °F (74 °C) or higher.
- ✓ Try using less of the ingredients that contain a lot of sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Indigenous Chef David Wollman for PHAC and Health Canada. For more recipes by Chef Wollman, see Nutrition North Canada.



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## Simple breakfast soup

Make a batch of this soup then pack it up into 3 mason jars or airtight containers so you've got breakfast or lunch sorted for many days. Each morning you'll just warm up a portion of this vegetable goodness.



Vegetarian



Freezer-friendly



PREP TIME  
20 min



COOK TIME  
30 min



SERVINGS  
3

### Ingredients

- 30 mL (2 tbsp) olive oil
- ½ yellow onion, finely chopped
- 2 garlic cloves, minced
- 2 celery stalks, small diced
- 2 carrots, peeled and small diced
- ½ bunch broccoll, trimmed and finely chopped (about 750 mL/3 cups)
- 1 can (540 mL/19 oz) no salt added chickpeas, drained and rinsed
- 1 L (4 cups) water
- 15 mL (1 tbsp) white miso
- 30 mL (2 tbsp) cold water
- Salt and pepper to taste

### Directions

1. Chop all vegetables finely (so they could nicely fit in a teaspoon). Use the broccoll stems too.
2. In a pot, heat olive oil over medium heat. Add onion, garlic, celery and carrot. Stir well and cook for 6 to 8 minutes or until carrots are tender. Add broccoll and chickpeas and cook for 2 minutes.
3. Add water and bring to a boil. Reduce heat and simmer for 10 minutes or until vegetables are tender. Remove from heat.
4. In a small bowl, whisk together miso and cold water, then stir into soup. Let cool slightly before serving.

### Tips

- ✓ If you don't have miso paste on hand, use 1 L (4 cups) of low sodium vegetable broth instead of 1 L (4 cups) of water at step 3.
- ✓ You can use any leftover vegetables you have in the fridge such as mushrooms, potatoes and snow peas.
- ✓ Turn this meal into lunch by adding 375 mL (1½ cups) of cooked whole wheat elbow pasta to the whole recipe.
- ✓ Refrigerate leftovers in an airtight container for up to 3 days in the fridge or 4 months in the freezer. Allow soup to cool completely before putting the lid on.
- ✓ Remember, a little salt goes a long way. Taste the food before adding any salt.



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# Building a Meal Salad



## Choose one or more from each step:

### Step 1: Leafy base

- Romaine, spinach, arugula, mixed greens

### Step 2: Vegetables

- Sliced peppers, cucumbers, green onion, tomato, snap peas, celery
- Thinly sliced brussel sprouts, red cabbage, radishes
- Finely chopped broccoli, cauliflower
- Grated carrot or beet (simply use a cheese grater and grate the vegetables as you would with cheese)

### Step 3: Protein

- Beans, lentils, chickpeas, edamame
- Fish – canned, cooked fresh or leftover
- Chicken or meat
- Tofu or tempeh
- Hardboiled egg

### Step 4: Complex Carbohydrates

- Fruit such as berries, apple, pear, peaches, or pomegranate
- Cooked quinoa

### Step 5: Fats

- Nuts: almonds, walnuts, cashews
- Seeds: hemp or chia
- Avocado
- Cheese: try feta or goat cheese
- Olives

### Step 6: Dressing

- Add a dressing of your choice

Simple Vinaigrette	
<p><b>Ingredients</b></p> <p>2 tablespoons of olive oil            1 tablespoon of any of the following: balsamic vinegar, lemon, or lime juice            Pinch salt and pepper</p>	<p><b>Directions</b></p> <p>1. Add all ingredients to a jar, shake until thoroughly mixed.</p> <p><b>Storage:</b> Refrigerate up to 3 days.</p>
<p><b>Tips:</b> Try adding 1 teaspoon of mustard, honey, fresh or dried herbs, pressed garlic, grated ginger, or any other flavours that you enjoy.</p>	

Green dressing	
<p><b>Ingredients</b></p> <p>1 medium avocado            ¼ cup apple cider vinegar            ¾ cup olive oil            1 tablespoon Dijon mustard            1 tablespoon lemon juice            Pinch salt and pepper</p>	<p><b>Directions</b></p> <p>1. Add all ingredients to a jar, shake until thoroughly mixed.</p> <p><b>Storage:</b> Refrigerate up to 3 days.</p>
<p><b>Tips:</b> Add finely chopped herbs for extra green!</p>	

Colourful Quinoa Salad	Prep time: 15 minutes   Cook time: 30 minutes   Serves: 6
<p><b>Ingredients:</b></p> <p>1 cup uncooked quinoa            2 cups water            1 can of chickpeas or beans            ½ cucumber, diced            1 red or yellow pepper, diced            ½ red onion, finely diced            1 cup parsley, finely chopped            ¼ cup olive oil            ¼ cup lemon juice            2 cloves of garlic, pressed or finely chopped            Salt and pepper to taste</p>	<p><b>Directions:</b></p> <ol style="list-style-type: none"> <li>1. Rinse quinoa and add to pot with 2 cups of water. Bring to a boil, reduce heat and simmer until all water is absorbed (about 15 minutes). Allow to cool.</li> <li>2. In a large bowl combine all vegetables and chickpeas.</li> <li>3. In a jar, combine oil, lemon juice, garlic, salt and pepper.</li> <li>4. Add cool quinoa to the vegetables. Add dressing and toss until thoroughly combined.</li> <li>5. Wait 5 minutes and enjoy</li> </ol>



## Make-Ahead Meals

# MEXICAN BEAN SALAD

8-10 servings



Prep time: 15 minutes  
Cook time: 0 minutes

This colourful and refreshing salad is a delicious side dish. Try incorporating it into your usual line up of sides for an interesting twist.

### Ingredients for Salad

3 cans	beans (any combination of black beans, kidney beans and chickpeas)
2	bell peppers (any variety, chopped)
1 cup	frozen corn kernels, thawed
1	red onion, chopped

### Ingredients for Dressing

½ cup	olive oil
½ cup	red wine vinegar
2 tbsp	lime juice
1 tbsp	lemon juice
2 tbsp	white sugar
½ tsp	salt
1	clove garlic, crushed
¼ cup	fresh cilantro, chopped (optional)
1 tsp	ground cumin
½ tsp	ground black pepper

### Instructions

1. In a large bowl, combine beans, bell peppers, corn and red onion.
2. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin and black pepper.
3. Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve salad cold.



### TIPS FOR HEALTHY EATING




Legumes are a class of vegetables that include beans, peas and lentils. They are a healthy and inexpensive source of protein. Beans also provide large amounts of fibre, vitamins and mineral.


## Terrific tuna and tomato salad

A perfect way to use tomatoes, this refreshing salad is versatile enough to enjoy for lunch, on a picnic, or dinner on the patio with family and friends. Serve it over lettuce leaves for added colour and crunch.



 30 mins or less

 No-cook

 PREP TIME  
5 min

 COOK TIME  
0 min

 SERVINGS  
6

### Ingredients

- 1 L (2 pints) grape tomatoes, halved lengthwise
- 2 stalks celery, thinly sliced
- 2 cans (each 120 g drained weight) light flaked tuna in water, drained
- 250 mL (1 cup) chopped cucumber
- 45 mL (3 tbsp) red wine vinegar
- 10 mL (2 tsp) extra virgin olive oil
- 1 clove garlic, minced
- Pinch hot pepper flakes
- 75 mL (1/3 cup) chopped fresh basil
- 30 mL (2 tbsp) chopped fresh oregano

### Directions

1. In a large bowl, combine tomatoes, celery, tuna and cucumber.
2. In a small bowl, whisk together vinegar, oil, garlic and hot pepper flakes. Pour over tomato mixture along with basil and oregano and toss to coat well.

### Tips

- ✓ Older kids can help to slice tomatoes and celery, drain tuna and chop cucumber. Little chefs can whisk the dressing together.
- ✓ For the **best tasting tomatoes**, store them at room temperature away from direct sunlight. Putting them in the fridge results in a mealy texture.
- ✓ No grape tomatoes on hand? No worries. Dice up **4 tomatoes** instead.
- ✓ Try this salad using canned **salmon** instead of tuna, or use leftover cooked fish.

Recipe developed by Emily Richards, PH, EC for the Heart and Stroke Foundation. Reproduced with permission from the Heart and Stroke Foundation of Canada.

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## Wraps and Flatbreads

### Wraps done your way

**Ingredients:**

1 large whole grain wrap

**Protein:** turkey, chicken, beans, or fish

**A spread:** Hummus, pesto, bean, dip or salsa

**2 cups fresh vegetables:** try leafy greens, tomato, grated carrot, sliced onions

**Directions:**


1. Arrange all toppings in the center of the wrap.
2. Fold the bottom and the sides




## Lunch box tuna salad wrap

This simple recipe is great to pack in your lunch for school or work. Use canned tuna from your cupboard and get these wraps ready in no time.



 30 mins or less

 Kid-friendly

 No-cook

 PREP TIME  
10 min

 COOK TIME  
0 min

 SERVINGS  
2

### Ingredients

- 1 can light flaked tuna in water (120 g drained weight), drained
- 15 mL (1 tbsp) mayonnaise
- 5 mL (1 tsp) yellow mustard
- 5 mL (1 tsp) lemon juice
- 1 celery stalk, finely chopped
- 60 mL (¼ cup) green pepper, finely chopped
- 2.5 mL (½ tsp) black pepper
- 2 leaves romaine lettuce, washed and dried
- 2 whole grain tortillas

### Directions

1. In a medium bowl, using a fork, combine tuna, mayonnaise, mustard and lemon.
2. Add celery, green pepper and black pepper to the tuna mixture and mix until well distributed.
3. Place 1 lettuce leaf on each tortilla.
4. Scoop half of the tuna mixture onto each wrap and roll up.

### Tips

- ✓ Spice up your tuna salad by adding 2.5 mL (½ tsp) of **curry powder**.
- ✓ No wraps? No problem. Use **whole grain bread** to make a sandwich or serve with whole grain crackers.
- ✓ **Little chefs** can make this recipe for their lunch by helping to mix the ingredients and scooping the tuna salad into the wraps.
- ✓ Pack your lunch box with this tuna salad wrap, **plain lower fat yogurt** topped with berries, and a leafy green salad.
- ✓ **Canned tuna** is a great item to keep in your pantry. This protein food has a long shelf life and can be used in a variety of different recipes.

## Fun flatbread pizza

Change up pizza night by using whole grain tortillas. Tortillas bake up nice and crispy, and are sure to become a favourite. Add a green salad or crunchy vegetables sticks to round out this colourful meal.



30 mins or less



Kid-friendly



PREP TIME  
5 min



COOK TIME  
8 min



SERVINGS  
4

### Ingredients

- 4 small whole grain flour tortillas
- 60 mL (1/4 cup) pasta sauce
- 5 mL (1 tsp) Italian seasoning
- 1 clove garlic, minced
- 1 small red bell pepper, chopped
- 175 mL (3/4 cup) chopped fresh mushrooms
- 60 mL (1/4 cup) chopped lean roast turkey
- 250 mL (1 cup) shredded part skim mozzarella
- 30 mL (2 tbsp) chopped fresh parsley, optional

### Directions

1. Place tortillas on large baking sheet in a single layer; set aside.
2. In a small bowl, stir together pasta sauce, herb seasoning and garlic. Spread evenly among tortillas. Sprinkle each with red pepper, mushrooms and turkey. Top with mozzarella.
3. Bake in preheated 200°C (400°F) oven for about 8 minutes or until cheese is melted. Sprinkle with parsley before serving, if using.

### Tips

- ✓ Little chefs love **making their own pizza**. Chances are, because they've made it, they'll eat it.
- ✓ Brainstorm ideas for toppings. **Zucchini, corn, pineapple**, the sky's the limit.
- ✓ Make **extra pizza** to have for lunch the next day.
- ✓ Want to make this recipe **vegetarian**? Just leave out the turkey.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

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