

NUTRITIOUS KITCHEN

Fruit “Sushi”

This is a fast lunch that is also very portable. It’s been kid-tested (and approved) but is a great option for adults, too. The combination of a whole grain tortilla and fruit ensures that the meal is balanced with high fiber carbohydrates, while the peanut butter delivers healthy fat, and the Greek yogurt offers a substantial protein boost. In other words, this is a well balanced meal in mere minutes. Plus, it’s fun to eat.

Serves 1
Makes 1 roll, 8 pieces
Prep time: 5 minutes
Total time: 5 minutes

Ingredients

- 1, 8-inch whole grain tortilla
- 1 tablespoon almond, peanut, or sunflower seed butter
- 1 banana
- 2 strawberries, sliced
- Pinch of cinnamon
- 1, 6-ounce container fat free fruited Greek yogurt (or plain yogurt with cinnamon)

Directions

1. Spread the peanut/almond/sunflower seed butter over the tortilla, coating it from edge to edge.
2. Place the strawberry slices over one half of the tortilla. Place a peeled banana at the edge of the strawberry covered side of the tortilla and roll the tortilla up tightly around the banana. Seal it at the end by pressing the peanut butter covered tortilla down firmly on itself. It should look like a very tight burrito. Slice into 8 cross sections and serve with the yogurt for dipping.

Nutrition per serving (entire recipe): 440 calories, 20 g protein, 76 g carbs, 8 g fiber, 29 g total sugar, 5 g added sugar, 9 g fat, 2 g saturated fat, 305 mg sodium.

Cucumber-Carrot Sesame Noodles

Each serving of this veggie-packed salad delivers 2 servings of veggies. And since most of us don't get enough veggies each day, this lunch can be a major boost to intake. Plus, it contains lean protein as well as healthy fats, making it a satisfying meal that will keep your energy levels high well into the afternoon. Packed with an ice pack, in an insulated bag, this dish also makes a great school lunch for kids and teens.

Serves 1

Makes 1 bowl

Prep time: 10 minutes

Total time: 10 minutes

Ingredients:

2 tablespoons rice vinegar
1 teaspoon grated fresh ginger root
1/2 teaspoon brown sugar
1/2 tablespoon reduced sodium soy sauce
1 tablespoon toasted sesame oil
1 cup cooked soba (buckwheat) noodles
1/4 cup diced English cucumber
1/4 cup cooked green peas
1/4 cup shredded carrot
1/4 cup diced red bell pepper
1/3 cup flaked boneless, skinless canned salmon, diced grilled chicken, or baked tofu (or 1/2 cup cooked edamame)

Directions:

1. Whisk the vinegar, ginger, sugar, soy sauce, and oil together and set aside.
2. Gently toss the noodles with cucumber, peas, carrot, bell pepper, and fish (or chicken or tofu).
3. Pour the dressing over the noodle mixture and toss to coat.

*Note: This recipe can be doubled or quadrupled to make several lunches.

Nutrition per serving (entire recipe): 380 calories, 19 g protein, 40 g carbs, 4 g fiber, 9 g total sugar, 2 g added sugar, 17 g fat, 3 g saturated fat, 590 mg sodium.