

# Brown Bag Lunch

## Packing Your Lunch

- If you are looking for something quick and easy try sandwiches or wraps. They provide great nutrition and you can get creative.
  - Use lean ham, turkey, roast beef, or tuna canned in water. Look for lunch meats that are 97-99% fat free.
  - Experiment with breads instead of white bread try wheat, rye, pumpernickel, pita pocket, small bagel, or whole wheat tortilla.
  - Add lots of colorful veggies for additional fiber, vitamins, and antioxidants.
- Buy pre-cut and washed vegetables toss in a zip-lock. Take some low-fat ranch for dip.
- Fresh fruit is quick and healthy sweet for lunch. Toss an apple, banana, grapes, applesauce, or small box of raisins your bag.
- Make a pasta salad and store in frig for the week when in a hurry just dish out a portion and take for lunch. **See recipe.**
- Take your dinner left-over's from the night before. When cleaning up the kitchen, pack up the left-over's for tomorrow's lunch. Then grab from frig in the morning.
- If you ate dinner out, practice portion control by saving half for the next day's lunch.



## Recipe

### Mediterranean Pasta Salad

1 can (12 oz) canned tuna, drained and chunked  
4 cups cooked and cooled whole wheat penne pasta  
1 pound plum tomatoes, chopped  
1 (6 oz) jar marinated artichoke hearts, drained and chopped  
1 can (4 ¼ oz) chopped ripe olives, drained  
1 tsp minced fresh garlic  
½ cup grated Parmesan cheese  
2 Tbsp drained capers, minced  
¼ cup lemon juice  
2 Tbsp red wine vinegar  
1/3 cup olive oil  
1 tsp lemon pepper seasoning  
Salt and pepper to taste  
Additional grated Parmesan cheese

In a large bowl, combine penne, tomatoes, tuna, artichoke hearts, olives, ½ cup cheese, capers, and garlic. In a small bowl, combine lemon juice, vinegar, oil, oregano, lemon pepper seasoning, salt and pepper; whisk together well. Toss tuna mixture with dressing and sprinkle additional cheese if desired.

**Serving size:** 1 cup  
296 calories, 27 g carbohydrate, 16 g protein, 14 g fat

**Exchanges:** 1.5 starch serving, 2 oz lean meat, 1 vegetable serving, 1 fat