

## Quick lunch ideas

### Wraps / open sandwiches

Try the following fillings in an open sandwich using wholegrain or rye bread or in a wholegrain wrap or pitta

- ½ tin wild salmon, 1 finely sliced stick celery, 2 tbsp. sweetcorn, shredded lettuce, squeeze lemon juice, 1 tsp mayonnaise, salt and pepper
- Mix baby spinach, grated carrot, 1 finely sliced date, toasted pumpkin seeds with a splash of olive oil and of orange juice. Spread bread with hummus or soft goats cheese and top with mixture
- Mix shredded roast chicken / smoked salmon with ½ avocado, toasted seeds, finely sliced cucumber and spring onion

### Salads

Salads are a great way to boost your vegetable intake. Use any variety of raw or cooked vegetables and add some healthy protein and a salad dressing. Try

- lentil and goat's cheese salad: 1/3 tin Puy lentils, vacuum packed beetroot, ½ finely sliced red onion, 2 handfuls rocket or watercress. Toss in simple vinaigrette and add a portion goats cheese / feta
- Smoked mackerel Nicoise salad: 2 handfuls lettuce, 1 tbsp. olives, 1 sliced hard-boiled egg, sliced cucumber & cherry tomatoes, 1 fillet smoked mackerel with vinaigrette
- Mixed bean salad: ½ tin mixed beans, 2 finely sliced celery sticks, sliced cucumber, tomato and spring onion, 1 tbsp. fresh parsley or coriander, salt & pepper. Toss in vinaigrette
- Greek salad: chopped cucumber, tomato, spring onion, 1 tbsp. olives, handful rocket. Toss in 1 tbsp. balsamic vinegar and 2 tbsp. extra virgin olive oil and sprinkle with feta cheese
- Make a simple lemon vinaigrette by mixing 1 tbsp. lemon juice, 2 – 3 tbsp. extra virgin olive oil, 1 tsp Dijon mustard, salt and pepper

### Soups

Soups are another great way to include more vegetables in your diet and make a filling and nutritious lunch. Try

- Quick curried vegetable soup: saute a chopped onion in a little olive oil for 5 minutes. Add 1 - 2 tsp curry powder and cook for another minute. Then add a packet of frozen mixed vegetables, a can of chickpeas, 1 litre boiling water and 2 tsp vegetable bouillon e.g. Marigold and cook for 7 – 8 minutes. Blend using a hand blender or leave chunky
- Quick tomato and lentil soup: saute a chopped onion and 2 finely sliced celery sticks in a little olive oil for 5 minutes. Add 2 tins chopped tomatoes, 750ml boiling water, 1 cup red lentils and simmer for 15 – 18 minutes. Add ½ handful fresh basil, blend and serve topped with 1 tbsp. natural yoghurt
- If you don't have time to make soup, then buy a good quality fresh soup that includes vegetables and healthy protein e.g. Just Food spicy lentil or Moroccan chickpea soup or Fusion and Street tomato soup with red beans and corn or vegetable soup with Puy lentils, cumin and ginger. These are available in most supermarkets.