

Let's do Lunch RECIPES

Enjoy these easy recipes that can be made in under 15 minutes! They're perfect for a quick lunch if you're working from home, or for those evenings when you need to get dinner on the table fast after a long day at work! Some are even great for breakfast!



INGREDIENTS

- 1 tortilla (flour, corn, whole wheat, or gluten-free)
- 1/4 can of beans, drained and rinsed if needed (black or refried)
- Drizzle of heat-safe oil
- Optional chopped veggies (peppers, onions, etc)
- Sprinkle of shredded cheese
- 1 egg
- A scoop of your favorite salsa
- handful of spring mix, lettuce, or other greens
- Optional toppings: avocado/ guacamole, cilantro, pickled jalapeno slices, yogurt or sour cream

INSTRUCTIONS

1. Toast tortilla under preheated broiler for about 1 minute, watching carefully because it can burn quickly!
2. Top with cheese and broil for another 30 seconds
3. Heat oil in a frying pan and warm up veggies and beans
 - a. (add spices such as cumin or paprika if you like)
4. Push veggies/ beans to the side and heat another drizzle of oil.
5. Crack an egg into the hot pan, and cook to desired firmness.
6. Layer cheesy tortilla with beans, veggies, and fried egg.
7. Top with salsa, salad mix, and other favorite toppings.



Choose veggie,
chicken, or
pork sausage

QUICK & COZY BEANS & GREENS WITH SAUSAGE

- 2 links of Italian-style sausage
- 1 can of chickpeas, rinsed and drained
- 2 full-sized carrots
- 1 bunch of dino kale or a 1/2 bunch of curly kale
- heat safe oil
- one clove of garlic or 1/2 tsp garlic powder
- red pepper flakes to taste
- a small pinch of salt
- lemon juice
- Plain yogurt to top (optional)

1. Heat oil in a skillet. Peel carrots, remove ribs from kale, and smash garlic; chop all
2. Add carrots, salt, and red pepper to the hot skillet, Cook for a few moments until carrots begin to soften
3. Add sausage and cook:
 - a. If it's fully cooked, heat until it starts to brown
 - b. If it's raw, cook it most of the way
4. Add chickpeas and let them warm up, then add kale and cook until wilted.
5. Turn off heat, squeeze over lemon juice, dollop on yogurt (if desired) and enjoy!

MEDITERRANEAN PESTO TUNA

Stir together:

- 5 oz can of tuna, drained
- 2-3 tbsp of prepared basil pesto (jarred or homemade)
- 1-2 tbsp mayonnaise
- 2 tbsp oil-packed sundried tomatoes, purchased sliced or chopped
- A generous squeeze of lemon juice & a few cracks of black pepper
- 1-2 tbsp crumbled feta cheese (optional)
- Favorite mix-ins: capers, olives, jarred artichokes hearts, roasted red peppers, walnuts

**Enjoy in a sandwich, on a salad,
or with crackers and cut up veggies!**



Not into tuna? Try with
chopped or canned chicken,
smashed white beans,
sardines, or canned salmon