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Lunch

For the Kids

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Turkey Paninis with Sun-Dried Tomatoes

Clean Eating Mag



4 servings



20 minutes

INGREDIENTS

- 1 whole-wheat baguette, cut crosswise in fourths
- 12 sun-dried tomatoes (packed in olive oil), patted dry and halved
- 2 oz part-skim mozzarella cheese, thinly sliced
- 6 1-oz slices reduced-sodium fresh deli turkey
- 1 1/2 cups arugula leaves



INSTRUCTIONS

1. Split open baguette sections and layer each bottom half with 6 pieces tomato, 1/2 oz cheese, 1 1/2 slices turkey and top half of bread. Toast sandwich on a countertop grill or panini press on medium heat, lid down, until lightly browned, about 6 minutes. If using stovetop method, toast about 3 minutes per side, or until lightly browned.
2. As soon as paninis are done toasting, open each and add 1/3 cup arugula. Slice each panini on the diagonal and serve immediately.

NUTRITIONAL INFORMATION

Calories 260

Fat 6g

Protein 16g

Sugars 4g

Carbohydrates: 34g

BBQ Chicken Sandwich

EatingWell



1 serving



10 minutes

INGREDIENTS

- ½ cup shredded cooked chicken
- ¼ cup shredded carrots
- 2 tablespoons barbecue sauce
- 2 teaspoons light ranch dressing
- 1 small whole-wheat sandwich bun
- 1 leaf romaine lettuce



INSTRUCTIONS

1. Combine chicken, carrots and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.

NUTRITIONAL INFORMATION

Calories 334

Fat 7.5g

Protein 26g

Sugar: 17.1g

Carbohydrates: 41.3g

Zucchini Pizza Bites

Laura Fuentes



2 servings



10 minutes

INGREDIENTS

1 large zucchini, sliced diagonally into 1/4-inch thick rounds

1/4 cup marinara sauce

1/2 cup shredded Mozzarella cheese

1/4 cup mini pepperonis

2 tablespoons sliced black olives



INSTRUCTIONS

1. Preheat the oven to broil. Line a large baking sheet with parchment paper.
2. Place the zucchini slices onto the lined baking sheet in an even layer.
3. Spread the marinara sauce over the top of each slice. Top with cheese, pepperoni, and black olives.
4. Broil for 2 to 3 minutes or until the cheese is melted.

NUTRITIONAL INFORMATION

Calories 151

Fat 9.7g

Protein 11.6g

Sugars 1.9g

Carbohydrates: 4.6g

4-Ingredient Spring Pesto Pasta

The Seasoned Mom



4 servings



15 minutes

INGREDIENTS

2 cups (4 ounces) uncooked wagon wheel pasta (can substitute with other small pasta)

½ cup frozen peas thawed

⅓ cup prepared pesto sauce (or more or less pesto sauce, to taste)

1 cup diced cooked chicken (such as leftover chicken or rotisserie chicken)



INSTRUCTIONS

1. Boil pasta according to package instructions. Stir in peas, pesto, and chicken until completely combined. Serve immediately

NUTRITIONAL INFORMATION

Calories 248

Fat 9g

Protein 13g

Sugars 2g

Carbohydrates: 26g

Veggie Quesadilla

Picky Eater Blog

 4 servings  30 minutes

INGREDIENTS

4 Sprouted Wheat Tortillas(1 per quesadilla)

1 cup Mexican shredded cheese blend(1/4 cup per quesadilla)

1 cup Refried or whole black beans(1/4 cup per quesadilla)

1 tsp Taco Seasoning(more to taste)

3 roma tomatoes, diced

1/2 red onion, diced

1/2 cup corn

1 red/orange/yellow bell pepper, diced

8 tbsp Salsa (2 tbsp per quesadilla)

4 tbsp Guacamole (1 tbsp per quesadilla)



INSTRUCTIONS

1. Heat beans over the stove on medium heat. Add taco seasoning to taste and stir until combined
2. Heat a large pan over medium to medium-low heat, spray with olive oil cooking spray. Add tortilla to pan.
3. Assemble quesadillas: One layer of beans, one layer of cheese (1/8 cup), a layer of onions corn, & peppers, and another layer of cheese (remaining 1/8 cup).
4. Grill the quesadillas in the pan until both sides are browned and crispy and the cheese has melted. About 1-2 minutes on each side. Top with diced tomatoes, 1 Tbsp guac and 2 Tbsp salsa.

NUTRITIONAL INFORMATION

Calories 380

Fat 13g

Protein 18.6g

Sugars 1.5g

Carbohydrates: 46.8g