

Reinvent the brown bag lunch



**No longer the deli sandwich, bag of chips, and soda.
Instead try these ideas...**

- ∂ **Sandwich make-overs**...all on whole grain bread, pita, tortilla or low-fat crackers.
- **Add zip to tuna salad.** Try using plain yogurt or low-fat cottage cheese instead of mayonnaise. Add chopped apples, grated carrots or sliced almonds. Tuna tastes great on crackers.
 - **Liven up peanut butter sandwiches.** Sliced bananas are a great addition to a peanut butter sandwich. Instead of banana, try apple and a little cinnamon. Or go wild and instead of slices of bread, start with two whole-grain toaster waffles. Spread peanut butter and apple butter, and then add a thin layer of sliced bananas.
 - **Dress up chicken salad.** Add apple, pineapple, and a mixture of mayonnaise and yogurt seasoned with curry powder to chopped chicken. Take pita bread with you and fill it with the salad just before eating.
 - **Make the most of hard-boiled eggs.** Slice the eggs, and spread the bread with a little mayonnaise and some spicy mustard. Add lettuce or chopped watercress. Or try breakfast for lunch, toast a whole-wheat English muffin, then add Monterey Jack cheese and sliced hard-boiled eggs.
 - **Choose lean luncheon meats.** Add low-fat cheese, spinach, sprouts, onions, tomatoes or cucumbers. Leftover meats like grilled chicken breasts from a previous meal are good, low-salt alternatives to packaged lunch meats.
 - **Go vegetarian.** Start with low-fat cheese and pile on fresh veggies like sliced peppers, greens, tomatoes and avocado. Hummus and pita bread with veggies and low-fat cheese also make a healthy sandwich.
- Don't forget to add a serving or two of fruits and vegetables to make a complete lunch.
- ∂ **Homemade "lunch-ables."** Pack small stacks of sliced cheddar and ham and a variety of whole-grain crackers. On the side: celery sticks and orange slices.
- ∂ **Chicken kabobs.** Spear chunks of chicken, grape tomatoes and balls of mozzarella on wooden kabobs. On the side: berry kabobs and air-popped popcorn.
- ∂ **Hummus pinwheels.** Layer hummus, swiss cheese, avocado and romaine on a sun-dried-tomato pita. Roll it up and slice it into bite-size pieces. On the side: fresh fruit salad.
- ∂ **Veggie dippers.** Slice spears of red peppers, cucumbers and carrots. Pack a little container of almond butter for dipping. On the side: plain yogurt with strawberries and whole-grain cereal on top.
- ∂ **Protein-packed pasta salad.** Cook whole-wheat pasta in fun shapes like wheels or spirals. Add chicken, fresh spinach leaves and a handful of shredded cheese. On the side: apple slices. (Drizzle a little lemon juice on top to keep them looking fresh).
- ∂ **Mini-bagel "sammies."** Add turkey, cucumber slices and low-fat cream cheese to whole-wheat mini bagels. Pack one, two, or three "sammies," depending on the size of the bagels – and the size of the appetite. On the side: a bunch of grapes.