



### Lunch Menu #3

- Monday** – Pesto Pasta, Tomatoes, Cantaloupe  
**Tuesday** – Sloppy Joes, Applesauce, Carrot Sticks  
**Wednesday** – Frittata w/ ham & pesto, Walnuts, Raspberries  
**Thursday** – 3 Ingredient Chili, Cheese Sticks, Sliced Apples  
**Friday** – Veggie Dippers and Ham Open Faces, Cantaloupe Wedges

#### SIMPLE LUNCH ALTERNATES:

- A) Pasta with tomato & basil  
B) Rolled ham, cheese stick & cut vegetables

### Week Three Prep

#### **Make Pesto (makes 1 cup)**

- 1 large bunch fresh basil, stems removed (about 30 leaves)
- ¼ cup walnuts
- ¼ cup grated Parmesan
- 1/3 cup olive oil
- ¼ teaspoon black pepper

Blend all ingredients on medium for a minute or until creamy. Scrape pesto into an airtight container and store for up to a week. Sometimes it helps prevent discoloring if you pour a thin layer of olive oil over top before sealing.

#### **Make Applesauce**

- 2 medium apples, peeled, cored and diced
- ½ cup water
- 1/8 teaspoon salt

Place apples and water in a small stockpot (covered) and bring to boil. Sprinkle with salt. Reduce heat to medium and allow apples to cook until soft and water has evaporated. Mash with a fork for chunky style sauce or with a potato masher for a creamier version. Divide equally into two lunch containers.

#### **Cook ground beef or turkey (yields 4 cups)**

- 1 pound ground beef or turkey
- 1 teaspoon dried oregano
- 1/8 teaspoon cumin
- ½ teaspoon kosher or sea salt
- 2 medium tomatoes, chopped or 1 pint cherry tomatoes, cut in half

Over medium heat, brown meat until no more pink is visible. Add oregano, cumin, and salt. Stir in tomatoes. Cook until tomatoes have softened. Cool, divide into 2 equal portions and store in fridge for up to 4 days.



## Pesto Pasta

- ½ pound whole grain penne pasta
- 1 Tablespoon olive oil
- 2/3 cup prepared pesto (see make ahead)
- 1 medium tomato, cut into wedges or 1 cup cherry tomatoes cut in half
- ¼ cantaloupe, cut into 1" squares

### DIRECTIONS:

Boil salty water for pasta. Cook pasta according to package time. Drain. Do not rinse. Coat pasta with 1 Tablespoon olive oil to prevent sticking.

Toss pasta with pesto until well combined. Transfer 1-1/2 cups pasta to a lunch container. Serve with a side of tomatoes and cantaloupe squares.

*Gluten Free option: Substitute gluten free pasta for whole grain penne*

## Sloppy Joes

- 2 cups meat and tomato mix (see prep)
- ½ cup chicken or vegetable stock
- ½ cup shredded cheese (any variety)
- 2 whole wheat hamburger buns
- 2 cups applesauce (homemade or organic store bought)
- 2 medium carrots, peeled and cut into sticks

Re-heat meat/tomato mix with stock in microwave. Place into a heat proof lunch container or a thermos.

Pack with a whole wheat bun and a small container of cheese for assembling at school or office. Serve with applesauce and carrot sticks.



*Vegetarian Option: Use tofu in lieu of meat and add diced zucchini with tomatoes.*



## Lunch Frittata Cups

1 Tablespoon olive oil for muffin pan  
4 large organic eggs  
1/4 cup organic milk or 3 Tablespoons water  
1/4 teaspoon black pepper  
3 slices quality deli ham (lean), chopped  
2 Tablespoons prepared pesto (see prep)

Preheat the oven to 375 degrees F.

Coat 6 muffin tins with olive oil. Whisk the eggs, milk, and pepper in a large bowl to blend well. Stir in the ham. Fill prepared muffin cups almost to the top with the egg mixture. Place a teaspoon of pesto in the middle of the egg liquid. It will most likely sink a little.

Bake 10 minutes or until the egg is set in the center. Using a rubber spatula, loosen the frittatas and remove from muffin tin. Place 2 "frittatas" in each lunch container and store in fridge until ready to serve. This can be served cold, but you can re-heat in microwave for 20 seconds before packing lunch. Serve with a handful of walnuts and ¼ cup raspberries.

*Not Vegan but Vegetarian option: omit ham and replace with cheese of choice.*

## Thermos Thursday – 3 bean chili

2 cups meat and tomato mix (see prep)  
1 can beans, black or pinto; with liquid  
½ teaspoon ground cumin  
½ cup shredded cheese for chili topping or 1 organic cheese stick  
2 apples, cored and sliced

Heat meat and tomato mix with beans and cumin for 3 minutes. Stir in shredded cheese. Transfer to thermos and seal tight. Don't forget a spoon! Serve with apple slices.

*Vegetarian Option: omit meat; mix cumin, beans in liquid & tomatoes with 1 cup prepared brown rice. Heat through and top with shredded cheese.*

## Ham Pesto Sandwiches

6 slices lean ham  
2 Tablespoons prepared pesto  
1 whole wheat hamburger bun, cut in half  
2 carrots, peeled and cut into circles  
¼ cup pantry dressing of your choice ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))  
¼ cantaloupe fruit, cut into two wedges

Spread pesto on each half of bun. Layer 3 slices of ham on each half. Use pantry dressing as dip for carrots. Serve with cantaloupe. You could also make this lunch with no bun and simply spread pesto on ham and roll around a wedge of cantaloupe. *Vegetarian option: build a basil, tomato, pesto sandwich.*