

Make & Take
Meals

COOK
BOOK

Easy Rice Salad Bowls



Each meal serves 1 **Prep 10 minutes**
Cook 25 minutes **Easy**

Rice base & dressing

1/2 cup brown rice

1 red onion finely chopped

1 tsp dried oregano

2 tsp olive oil

2 tsp apple cider vinegar

Tuna Salad Bowl

1/3 cup canned corn (no added salt or sugar),
drained and rinsed

2 green onions, chopped

1/2 red pepper, chopped

5 oz packaged tuna in water

Beetroot & Feta Salad Bowl

1 ¼ cup canned chickpeas, drained

1 cooked beetroot, sliced then cut into strips

1 oz feta, crumbled

2-3 walnut halves, broken

Arugula, big handful

Directions

1. Put the rice in a medium pan with the onion, bouillon and oregano. Pour in 1 ⅓ cup water, then bring to the boil. Cover, turn down the heat and simmer for 25 minutes until tender and the water has been absorbed. Meanwhile, mix the oil and vinegar for the dressing.
2. Divide the rice between two containers. Add the corn, spring onion, red pepper and tuna to one container, and the chickpeas, beetroot, feta and walnuts to the other. Spoon the dressing into both boxes, then add the rocket to the beetroot one, but don't toss through until just before eating, or better still, add on the morning that you are eating it. Will keep for two days in the fridge.

Shopping List

Beet

Red onion

Green onion

Arugula

Red bell pepper

Canned chickpeas

Canned corn (no added salt or sugar)

Brown rice

Tuna packaged in water

Crumbled feta cheese

Vegetable bouillon

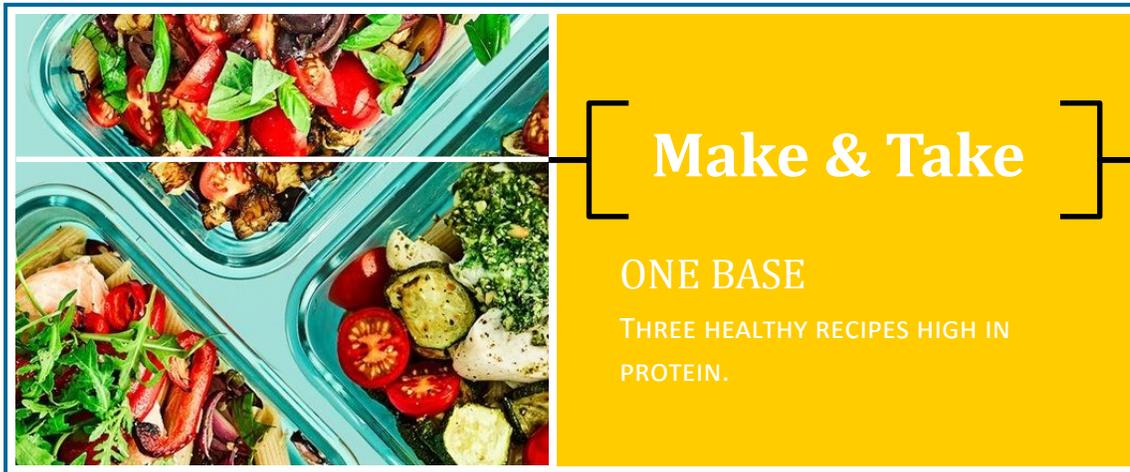
Apple cider vinegar

Olive oil

Walnuts or walnut halves

Dried oregano

Protein Packed Pasta Boxes



Each meal serves 1 **Prep 20 minutes**
Cook 30 minutes **Easy**

Pasta Base

1 red onion, halved and thinly sliced

2 ½ cups whole grain penne pasta

1 lemon, zested and juiced

1 tbsp olive oil, plus little extra for drizzling

2 large garlic cloves, finely chopped

30 grams basil, chopped

Salmon & Pasta Box

½ red pepper, sliced

1 salmon fillet

1 tsp capers

Arugula, big handful

Chicken & Pasta Box

1 large zucchini, sliced

1 skinless chicken breast, thickly sliced

2 tsp pesto

5 cherry tomatoes, halved

Eggplant Pasta Box

1 small eggplant, sliced then diced

5 cherry tomatoes, quartered

5 kalamata olives, halved

Directions

1. Heat oven to 350 °F. Arrange the red onions, red pepper, zucchini and eggplant in lines on a large baking sheet. Drizzle with a little olive oil and roast for 15 minutes.
2. Cook the pasta for 10-12 minutes until al dente. While the pasta is cooking, loosely wrap the salmon fillet in foil and do the same with the chicken and pesto in another foil parcel, then put them on another baking tray.
3. When the vegetables have cooked for 15 minutes, put the salmon and chicken in the oven and cook for another 15 minutes (or until the chicken is cooked through to 165 °F). Drain the pasta, put in a bowl and toss really well with the lemon zest and juice, olive oil, garlic and two-thirds of the basil. When everything is cooked, add the red onions to the pasta. Toss together and divide between three lunch containers.
4. Top the first container with the salmon fillet (remove the skin first), then add the red pepper from the tray. Scatter over the capers and add the arugula. To the second container, add the chicken and pesto with any juices, the roasted zucchini and the halved cherry tomatoes. In the third container, toss the eggplant into the pasta with the quartered cherry tomatoes, olives and the remaining basil. Seal up each container and chill. Eat within three days, preferably in the order of the salmon, then the chicken and then the eggplant.

Shopping List

Eggplant

Zucchini

Red onion

Red bell pepper

Arugula

Cherry tomatoes

Kalamata olives

Basil

Garlic

Capers

Lemon

Pesto

Olive oil

Chicken breast

Salmon fillet

Whole wheat penne

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TOWN OF CHAPEL HILL