

LIGHT LUNCHES

— EDITORS' PICKS RECIPE COLLECTION —



FROM THE EDITORS OF

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Elise's Sesame Noodles

ACTIVE TIME: 20 MINUTES | **TOTAL:** 20 MINUTES | **TO MAKE AHEAD:** Prepare through Step 2, up to 2 hours in advance.

Whole-wheat pasta bolsters fiber and nutrients in this popular Asian noodle salad. The recipe is from Annelise Stuart of Germantown, New York.

- 1 pound whole-wheat spaghetti
- 1/2 cup reduced-sodium soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons canola oil
- 2 tablespoons rice-wine vinegar or lime juice
- 1 1/2 teaspoons crushed red pepper
- 1 bunch scallions, sliced, divided
- 1/4 cup chopped fresh cilantro, divided (optional)
- 4 cups snow peas, trimmed and sliced on the bias
- 1 medium red bell pepper, thinly sliced
- 1/2 cup toasted sesame seeds



1. Bring a large pot of water to a boil. Cook spaghetti until just tender, 9 to 11 minutes or according to package directions. Drain; rinse under cold water.
2. Meanwhile, whisk soy sauce, sesame oil, canola oil, vinegar (or lime juice), crushed red pepper, 1/4 cup scallions and 2 tablespoons cilantro (if using). Add noodles, snow peas and bell pepper; toss to coat.
3. To serve, mix in sesame seeds and garnish with the remaining scallions and cilantro.

MAKES 8 SERVINGS, ABOUT 1 1/2 CUPS EACH.

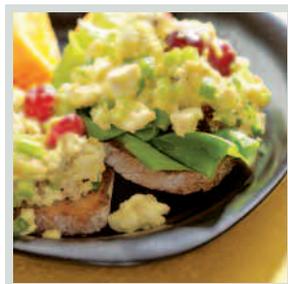
PER SERVING: 345 CALORIES; 12 G FAT (2 G SAT, 5 G MONO); 0 MG CHOLESTEROL; 51 G CARBOHYDRATE; 0 G ADDED SUGARS; 12 G PROTEIN; 10 G FIBER; 542 MG SODIUM; 336 MG POTASSIUM. **NUTRITION BONUS:** Vitamin C (100% DAILY VALUE), Vitamin A (40% DV).

Curried Tofu Salad

ACTIVE TIME: 20 MINUTES | **TOTAL:** 20 MINUTES | **TO MAKE AHEAD:** Cover and refrigerate for up to 2 days.

This vegetarian nod to the classic curried chicken salad is perfect for spreading on toasted whole-wheat bread or scooping onto a pile of crispy salad greens for lunch.

- 3 tablespoons low-fat plain yogurt
- 2 tablespoons reduced-fat mayonnaise
- 2 tablespoons prepared mango chutney
- 2 teaspoons hot curry powder, preferably Madras
- 1/4 teaspoon salt
- Freshly ground pepper to taste
- 1 14-ounce package extra-firm water-packed tofu, drained, rinsed and finely crumbled
- 2 stalks celery, diced
- 1 cup red grapes, sliced in half
- 1/2 cup sliced scallions
- 1/4 cup chopped walnuts



Whisk yogurt, mayonnaise, chutney, curry powder, salt and pepper in a large bowl. Stir in tofu, celery, grapes, scallions and walnuts.

MAKES 6 SERVINGS, 2/3 CUP EACH.

PER SERVING: 140 CALORIES; 8 G FAT (1 G SAT, 2 G MONO); 2 MG CHOLESTEROL; 13 G CARBOHYDRATE; 3 G ADDED SUGARS; 7 G PROTEIN; 2 G FIBER; 241 MG SODIUM; 220 MG POTASSIUM. **NUTRITION BONUS:** Calcium (15% DAILY VALUE).

Southwestern Corn & Black Bean Salad

ACTIVE TIME: 25 MINUTES | **TOTAL:** 25 MINUTES | **TO MAKE AHEAD:** Cover and refrigerate for up to 1 day.

*Here's a great make-ahead dinner—and leftovers are welcome for lunch the next day. If you make it ahead, don't add the salt and pepper until just before serving. That way, the salt won't render the vegetables soggy and the pepper won't lose its bite. **MAKE IT A MEAL:** Scoop up this salad with warm corn tortillas.*

- 3 large ears of corn, husked**
- 1/3 cup pine nuts**
- 1/4 cup lime juice**
- 2 tablespoons extra-virgin olive oil**
- 1/4 cup chopped fresh cilantro**
- 1/2 teaspoon salt**
- Freshly ground pepper to taste**
- 2 15-ounce cans black beans, rinsed**
- 2 cups shredded red cabbage (see Note)**
- 1 large tomato, diced**
- 1/2 cup minced red onion**



- 1.** Bring 1 inch of water to a boil in a Dutch oven. Add corn, cover and cook until just tender, about 3 minutes. When cool enough to handle, cut the kernels from the cobs using a sharp knife.
- 2.** Meanwhile, place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
- 3.** Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

MAKES 4 SERVINGS, 2 CUPS EACH.

PER SERVING: 410 CALORIES; 16 G FAT (2 G SAT, 8 G MONO); 0 MG CHOLESTEROL; 57 G CARBOHYDRATE; 0 G ADDED SUGARS; 16 G PROTEIN; 13 G FIBER; 482 MG SODIUM; 537 MG POTASSIUM. **NUTRITION BONUS:** Vitamin C (80% DAILY VALUE), Iron (25% DV), Vitamin A (20% DV), Potassium (15% DV).

INGREDIENT NOTE: Convenient preshredded cabbage can be purchased, in bags, in the produce section of most supermarkets.

Tuscan-Style Tuna Salad

ACTIVE TIME: 10 MINUTES | **TOTAL:** 10 MINUTES | **TO MAKE AHEAD:** Cover and refrigerate for up to 2 days.

This streamlined version of a northern Italian idea is perfect for a summer evening: no-fuss, no-cook and big taste. You can even make it ahead and store it, covered, in the refrigerator for several days. If you do, use it as a wrap filling for the next day's lunch.

- 2 6-ounce cans chunk light tuna, drained (see Notes)**
- 1 15-ounce can small white beans, such as cannellini or great northern, rinsed (see Notes)**
- 10 cherry tomatoes, quartered**
- 4 scallions, trimmed and sliced**
- 2 tablespoons extra-virgin olive oil**
- 2 tablespoons lemon juice**
- ¼ teaspoon salt**
- Freshly ground pepper to taste**



Combine tuna, beans, tomatoes, scallions, oil, lemon juice, salt and pepper in a medium bowl. Stir gently. Refrigerate until ready to serve.

MAKES 4 SERVINGS, 1 CUP EACH.

PER SERVING: 253 CALORIES; 8 G FAT (1 G SAT, 5 G MONO); 53 MG CHOLESTEROL; 20 G CARBOHYDRATE; 0 G ADDED SUGARS; 31 G PROTEIN; 6 G FIBER; 453 MG SODIUM; 451 MG POTASSIUM. **NUTRITION BONUS:** Vitamin C (20% DAILY VALUE).

INGREDIENT NOTES: Chunk light tuna, which comes from the smaller skipjack or yellowfin, has less mercury than canned white albacore tuna. The FDA/EPA advises that women who are or might become pregnant, nursing mothers and young children consume no more than 6 ounces of albacore a week; up to 12 ounces of canned light tuna is considered safe.

When you use canned beans in a recipe, be sure to rinse them first in a colander under cold running water, as their canning liquid often contains a fair amount of sodium.

Italian Vegetable Hoagies

ACTIVE TIME: 20 MINUTES | **TOTAL:** 20 MINUTES

This delightfully easy, and somewhat messy, sandwich packs a punch with sweet balsamic vinegar, artichoke hearts, red onion, provolone cheese and zesty pepperoncini. We love it for dinner as well as lunch. If you're packing the hoagies to take along, keep the ingredients separate and assemble right before eating to avoid soggy bread. Serve with tomato and cucumber salad.

- 1/4 cup thinly sliced red onion, separated into rings
- 1 14-ounce can artichoke hearts, rinsed and coarsely chopped
- 1 medium tomato, seeded and diced
- 2 tablespoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon dried oregano
- 1 16- to 20-inch-long baguette, preferably whole-grain
- 2 slices provolone cheese (about 2 ounces), halved
- 2 cups shredded romaine lettuce
- 1/4 cup sliced pepperoncini (optional)



1. Place onion rings in a small bowl and add cold water to cover. Set aside while you prepare the remaining ingredients.
2. Combine artichoke hearts, tomato, vinegar, oil and oregano in a medium bowl. Cut baguette into 4 equal lengths. Split each piece horizontally and pull out about half of the soft bread from each side. Drain the onions and pat dry.
3. To assemble sandwiches, divide provolone among the bottom pieces of baguette. Spread on the artichoke mixture and top with the onion, lettuce and pepperoncini, if using. Cover with the baguette tops. Serve immediately.

MAKES 4 SERVINGS.

PER SERVING: 264 CALORIES; 8 G FAT (3 G SAT, 4 G MONO); 10 MG CHOLESTEROL; 39 G CARBOHYDRATE; 0 G ADDED SUGARS; 14 G PROTEIN; 8 G FIBER; 624 MG SODIUM; 174 MG POTASSIUM. **NUTRITION BONUS:** Vitamin C (20% DAILY VALUE), Vitamin A (15% DV).

Salmon Salad

ACTIVE TIME: 10 MINUTES | **TOTAL:** 10 MINUTES | **TO MAKE AHEAD:** Cover and refrigerate for up to 2 days.

Get out of your tuna salad rut and try salmon salad for a change. This version is spiked with olives, lemon, onion and capers.

**1/2 cup boneless, skinless canned salmon, flaked
(2 1/2 ounces)**

1 tablespoon extra-virgin olive oil

1 tablespoon lemon juice

2 kalamata olives, pitted and diced

1 teaspoon minced red onion, or to taste

1 teaspoon minced fresh parsley

1 teaspoon rinsed and chopped capers



Combine salmon, oil, lemon juice, olives, red onion, parsley and capers in a small bowl.

MAKES 1 SERVING.

PER SERVING: 255 CALORIES; 22 G FAT (3 G SAT, 12 G MONO); 45 MG CHOLESTEROL; 3 G CARBOHYDRATE; 0 G ADDED SUGARS; 14 G PROTEIN; 0 G FIBER; 457 MG SODIUM; 32 MG POTASSIUM. **NUTRITION BONUS:** Vitamin C (15% DAILY VALUE), omega-3s.

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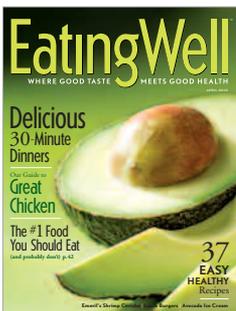
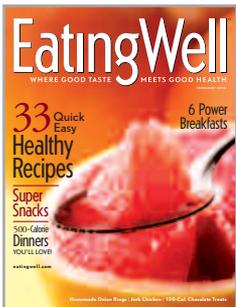
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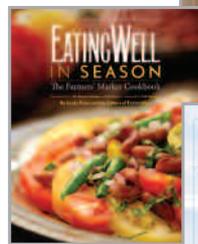
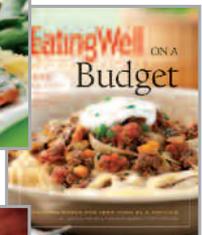
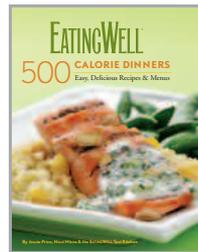
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