5 Ingredient Pantry Lunches

Up your midday meal game & stay nourished from home
QUICK BEAN SALAD

INGREDIENTS:
- 1 can mixed beans, drained and rinsed
- 1 cup diced fresh vegetables (carrot, celery, onion, peppers, broccoli - anything you have!)
- 3 tbsp balsamic vinegar
- 2 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS:
1. Mix all ingredients in a medium bowl or container. Store in an airtight container in the fridge up to 4 days!

Makes 3 servings.

Serve as is or top mixed greens, cooked quinoa or pasta. You can also pack this salad into a pita or wrap.

Recipe adapted from @enjoyyoutfoodrd
Classic Tuna Melt

Ingredients:
- 1 can tuna, drained
- 2 tbsp Greek yogurt (or mayo)
- 1/4 cup diced veggies (onion, carrots, and celery work well)
- 2 slices bread, or 1 English muffin/bagel
- 2 slices cheese or tomato (optional)

Directions:
1. Combine tuna with Greek yogurt or mayo, and diced veggies.
2. Spread tuna mixture over bread of choice. Top with cheese (optional).
3. Place on a baking sheet and broil on low for 5 minutes or until toasted.

Makes 1 serving.

You can swap tuna for leftover chicken, canned salmon or chickpeas.

Recipe adapted from @enjoyyoutfoodrd
BLACK BEAN QUESADILLA

INGREDIENTS:
- 1 can black beans, drained and rinsed
- 1/2 cup shredded cheese
- 1/2 cup salsa
- 4 small tortillas
- 2 teaspoons canola oil

DIRECTIONS:
1. Combine beans, cheese and 1/4 cup salsa in a medium bowl.
2. Spread 1/2 cup filling on half of each tortilla. Fold tortillas in half.
3. Heat 1 teaspoon oil in a nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Repeat with the remaining 1 teaspoon oil and quesadillas.
4. Serve with remaining salsa.

Makes 4 quesadillas.

Recipe adapted from http://www.eatingwell.com/
Mix & Match Buddha Bowl

Ingredients:

- 1/2 cup cooked grains
  - quinoa, rice, pasta, couscous, bulgar
- 1 protein
  - 3/4 cup beans, lentils, edamame
  - 3-4 oz cooked meat
  - 1 can tuna / salmon
  - 2 hard boiled eggs
  - 3-4 oz tofu
- 2 cups vegetables
  - Raw or cooked. Aim for at least 3-4 different kinds.
- 1-2 toppings
  - green onions, cheese, pepitas, sunflower seeds, nuts, olives, etc.
- A drizzle of dressing

Layer vegetables, grains, and protein in a bowl. Add toppings and drizzle with dressing.

Prep ingredients and keep in the fridge to mix and match all week long!

Recipe adapted from https://www.chatelaine.com/