

“Bento Box” Lunch

- Prep Time: 10 minutes
- Cook Time: 0 minutes
- Total Time: 10 minutes
- Servings: 4



Ingredients:

Roll Ups:

- 4 L’oven Fresh Spinach Herb or Sun-Dried Tomato Wraps
- 4 slices Lunch Mate or Never Any! Turkey
- 1 teaspoon Burman’s Yellow Mustard
- 1/2 avocado, sliced
- 1 mini cucumber, cut into 1/4 x 3-inch sticks

Quinoa Salad:

- 1 cup Simply Nature Organic Quinoa, cooked
- 1/4 cup Southern Grove Sliced Almonds
- 2 mandarin oranges, peeled and separated
- 1/4 cup Southern Grove Dried Cranberries
- 2 bunches green onions, sliced
- 1 teaspoon Carlini Pure Olive Oil
- Stonemill Iodized Salt, to taste
- Stonemill Ground Black Pepper, to taste

Broccoli Salad:

- 1 large head broccoli, chopped
- 1/4 cup Southern Grove Sliced Almonds
- 1/4 cup Southern Grove Dried Cranberries
- 1/4 teaspoon Fusia Soy Sauce
- 1/2 cup Friendly Farms Nonfat Greek Yogurt
- Stonemill Ground Black Pepper, to taste

Cinnamon Apples:

- 1 granny smith apple, sliced
- 1 teaspoon lemon juice
- 1/4 teaspoon Stonemill Ground Cinnamon

Directions:

1. For the Roll Ups: Lay wraps flat and top with turkey, mustard, avocado and cucumber. Roll into a cylinder. Wrap with plastic wrap and cut in half.
2. For the Quinoa Salad: In a medium bowl, combine all ingredients, season to taste with salt and pepper.
3. For the Broccoli Salad: In a medium bowl, combine all ingredients. Season to taste with pepper.
4. For the Cinnamon Apples: Toss apples with lemon juice and cinnamon. Place in a plastic baggie and wrap tightly.
5. Serve all components together for a healthy lunch.



Recipe Courtesy of:
ALDI Test Kitchen