

# Simply Delicious, Quick & Healthy Lunch Ideas for all ages!



Try these delicious and fun recipes as seen on KPNX-TV/Channel 12 on Monday, August 9, 2010 morning news edition, "School Solutions" with Kim Covington, featuring Bashas' Registered Dietitian, Barbara Ruhs, MS, RD, LDN.

## BBQ Chicken Lettuce Wraps with Red 'Slaw

- 1 cup, diced, *Bashas' Rotisserie Chicken*
- ¼ cup, *BBQ sauce*
- 4-8 leaves, lettuce (Romaine or Bibb works best)

### Red 'Slaw

- 1 cup, chopped red cabbage
- 2 stalks, green onions, chopped
- ½ c, chopped, fresh cilantro
- ¼ c, *Newman's Own, Ginger-Sesame salad dressing*

Directions:

- (1) Prepare diced chicken. Mix with BBQ sauce and set aside.
- (2) In a separate bowl, mix chopped red cabbage, green onions, cilantro and salad dressing. Mix well.
- (3) Prepare lettuce wraps: Take a spoonful of chicken mixture and place on lettuce leaf. Add 1-2 TB of cabbage slaw. Wrap lettuce and enjoy!

## Spicy Buffalo Chicken Salad

- 1 ½ - 2 cups, diced, *Bashas' rotisserie chicken* (or 1-8 oz can of chicken, drained)
- ½ cup, chopped celery
- ½ package (4 oz) reduced-fat cream cheese
- ½ cup nonfat Greek yogurt – drain excess liquid from top (Fage or Dannon works well)
- ½ cup low fat ranch dressing
- ½ cup, shredded, low fat mozzarella cheese
- ¼ cup, *Frank's Hot Wing sauce*

Directions:

- (1) Prepare diced chicken breast and set aside. In a separate bowl, place 4 oz of low-fat cream cheese. Place in the microwave for 20 seconds until softened. Add greek yogurt, ranch dressing, shredded cheese and hot wing sauce. Mix well. Add in chicken and celery and mix well. Chill for 30 minutes before serving.

Serve with low fat pita chips, sandwich bread, slather on top of celery or serve atop mixed greens.

## Double-Stacked Veggie Burger Sliders

- 4 Veggie burger patties, Morningstar Farms®
- 2 slices of reduced-fat swiss cheese
- Orowheat® Sandwich Thins, Square or Round\* or La Tortilla Factory® wraps  
*\*You will need to use scissors to make mini-cut outs for the sliders.*
- ½ cup Sabra® hummus, red pepper
- Toppings: Lettuce, tomatoes, pickles

### Directions:

- (1) Cook veggie burger patties according to package directions. Allow veggie patties to cool before cutting into 4 pieces (for sliders).
- (2) Cut bread (using square bread is easiest) into 4 squares.
- (3) Smear your favorite hummus or dip on bread. Place cheese and other toppings on bread.
- (4) Serve & enjoy!

## Shopping List for Healthy Items Featured on this Segment:

- Morningstar Farms® frozen veggie burgers
- Orowheat® Sandwich Thins
- La Tortilla Factory® Smart 100-calorie wraps
- Bashas' Rotisserie Chicken
- Dannon® Greek Yogurt
- Bashas' fresh Deli sandwiches - \$3.99
- \*Pirate's Booty® – multipacks
- Clif Z bars
- \*Kind® Bars
- \*Funky Monkey® freeze dried fruit snacks
- \*Crunchmaster® crackers
- Franks Hot Wing sauce
- Quaker® chocolate rice cakes
- Sabra® Hummus
- \*Bumble Bee® tuna
- Hillshire Farm® lower-sodium deli meats
- Laughing Cow® Baby Bel cheese (new flavors)
- FRESH produce items: red cabbage, fresh herbs, carrots, grapes, scallions
- Newman's Own® sesame-ginger salad dressing

\*Gluten-Free items