



kitchen collage

430 E. LOCUST STREET | DES MOINES, IA 50309 | (515) 270-8202

Three Fresh Lunches

LUNCH #1:

Zesty Dill Tuna Salad “Cracker Sandwiches”

Makes 2 lunches; Lasts 4 days

Ingredients:

5 oz can oil packed tuna, drained
1/4 cup mayonnaise
1/4 cup finely chopped celery
1 teaspoon minced shallot
1/2 tablespoon fresh dill
1 tablespoon dill relish
1 teaspoon Dijon mustard
1 lemon, juiced & zested
1/4 teaspoon black pepper
1/4 teaspoon kosher salt
8 extra large crackers

Directions:

Combine all tuna salad ingredients together until evenly incorporated. Store salad until ready to eat and serve on extra large crackers. TIP: Pack a lemon wedge and squeeze over the top for last minute brightness just before eating.

LUNCH #2:

Cold Soba Noodles with Lime Peanut Sauce

Makes 4 lunches; Lasts 5 days

Ingredients:

1 package pre-packed, cold soba noodles
1 cup shredded red cabbage
1 cup shredded carrots
2 green onions, finely sliced
1/2 cup fresh cilantro
1 fresh jalapeño, deveined, seeded & chopped
1/2 red pepper, seeded & julienned
1 teaspoon sesame seeds

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Sauce Ingredients:

1/2 cup creamy peanut butter
2 limes, juiced
2 garlic cloves, minced
1 teaspoon grated ginger
1-1/2 tablespoons soy sauce
1 teaspoon sesame oil
1/4 teaspoon salt
1 tablespoon water

Directions:

Combine sauce ingredients until fully incorporated. Divide dressing, noodles, and veggies into four to-go bowls, layering dressing first, followed by the noodles, then veggies. (Keeping the veggies on top keeps them fresh), so the veggies are on top. Refrigerate and serve when hunger strikes.

LUNCH #3:

Salad-in-a-Jar: Spicy Peach, Pistachio & Arugula

Makes 2 lunches; Lasts 2 days

Ingredients:

2 tablespoons fresh mint, torn
2 cups arugula
6 oz goat cheese, crumbled
1/4 cup pistachios, shelled
1 peach, pit removed & sliced
1 fresh avocado, pit removed & diced
1/2 red onion, diced

Dressing Ingredients:

1 serrano pepper, minced
1-1/2 tablespoon red wine vinegar
3 tablespoons olive oil
2 tablespoons fresh lemon juice
1/4 teaspoon kosher salt
1/4 teaspoon black pepper

Directions:

In a small bowl, whisk together the dressing ingredients. Evenly divide dressing and vegetables into two 24 oz mason jars, layering (in order) red onion, avocado, peaches, pistachios, goat cheese, arugula, and mint. Seal the salad jars with lids and refrigerate until tomorrow's mouthwatering lunch!