



# Quick & Healthy Lunches

Think outside the (lunch) box with any one of these simple, tasty, and good-for-you approaches to brown-bagging it.

## Greek Lentils & Couscous

*This Greek-inspired "bento box" not only bursts with flavor in every bite, it's also packed with healthful ingredients.*

Makes 4 servings  
Total time: 30 minutes

- 1/4 cup extra-virgin olive oil
- 1 Tbsp. minced lemon zest
- 1/4 cup fresh lemon juice
- Salt and black pepper to taste
- 1 cup dry French green lentils
- 2 Tbsp. chopped fresh mint
- 2/3 cup whole-wheat couscous
- 2 Tbsp. minced red onion + 1/2 cup thinly sliced
- 1 cup seeded and sliced cucumbers
- 1 cup halved grape tomatoes
- 1/2 cup cubed feta cheese

**Whisk** together oil, zest, and lemon juice; season with salt and pepper.

**Cook** lentils according to package directions. Stir in 1/4 cup oil mixture and mint.

**Cook** couscous according to package directions. Stir in 1/4 cup oil mixture and minced red onion.

**Serve** lentils and couscous with sliced red onion, cucumbers, tomatoes, and feta.

Per serving: 444 cal; 20g total fat (5g sat); 17mg chol; 220mg sodium; 55g carb; 12g fiber; 17g protein

## Cup o' Ravioli Soup

*Built from fresh ingredients you control, this filling soup is m better for you than prepackaged microwaveable options.*

Makes 1 serving  
Total time: 20 minutes

- 4 oz. refrigerated cheese-filled ravioli
- 2 oz. shredded rotisserie chicken (1/2 cup)
- 2 cups chopped fresh spinach
- 1 Tbsp. minced fresh garlic
- 1 tsp. dried Italian seasoning
- 2 1/2 cups low-sodium chicken broth
- 1 Tbsp. purchased basil pesto
- Salt and black pepper to taste

**Layer** ravioli, chicken, spinach, garlic, and Itali seasoning in a large qu or other microwave-safe container with a sealing **Whisk** together broth a pesto; pour over ingred in jar. Seal jar and refrig until ready to eat. Remc lid, then microwave sou high until pasta is tende 6–8 minutes. Season so with salt and pepper.

Per serving: 578 cal; 17g total fat (6 103mg chol; 1281mg sodium; 65g 6g fiber; 40g protein

## Italian Milk-Braised Pork Roast with porcini mushrooms

If you like pork, get ready to fall in love with this dish. The ingredients are simple, but the flavor is complex.

Makes 8 servings

Preparation time: 20 minutes

Cooking time: 2 hours (low)

### HEAT:

- 1 Tbsp. unsalted butter
- 1 Tbsp. olive oil
- 1 pork loin roast (3–4 lb.),  
seasoned with salt and  
black pepper
- 1 Tbsp. minced fresh garlic

### DEGLAZE:

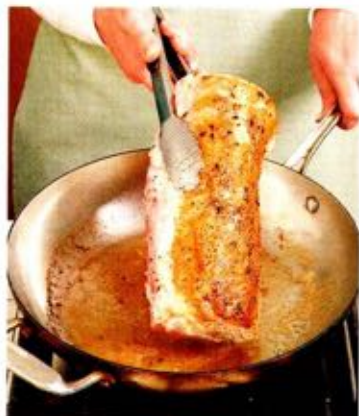
- 1/2 cup dry white wine
- 1 1/2 cups whole milk
- 1/2 cup heavy cream
- 1 oz. dried porcini mushrooms,  
chopped
- 1 tsp. anchovy paste
- 1/4 tsp. red pepper flakes
- Minced zest of 1 lemon
- 2 sprigs each fresh rosemary  
and sage, tied with kitchen  
string

**Heat** butter and oil in a large skillet over medium-high until butter melts. Add pork, fat side down, and sear until brown, 3–4 minutes. Brown pork on all sides, about 5 minutes more; transfer to a 4- to 6-qt. slow cooker. Add garlic to skillet; cook 30 seconds.

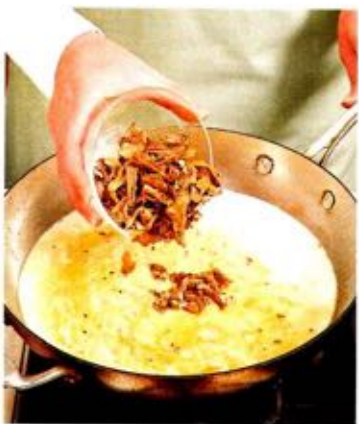
**Deglaze** skillet with wine, scraping up any brown bits. Add milk, cream, porcini, anchovy paste, pepper flakes, and zest; simmer 3 minutes. Pour milk mixture around pork in slow cooker; submerge rosemary and sage. Cover slow cooker and cook pork until an instant-read thermometer inserted into the thickest part registers 145° on low setting, 2 hours. Transfer pork to a platter and tent with foil to keep warm. Discard rosemary and sage.

**Purée** sauce in slow cooker with a handheld blender until smooth; season with salt and black pepper.

**Slice** pork and serve with sauce.



Because pork loin is so lean, leave the fat on it to keep it from drying out as it slow-cooks.



Adding porcini mushrooms to the sauce mixture intensifies the flavor and adds color.



For ease, purée the sauce and mushrooms with a handheld blender right in the slow cooker.



## Lemony Polenta

Soft and naturally creamy, this polenta is the ultimate side dish to serve with the rich pork and sauce.

Makes 8 servings (4 cups)

Total time: 15 minutes

### BOIL:

- 2 cups low-sodium chicken broth
- 2 cups buttermilk
- 1 cup yellow cornmeal

### STIR IN:

- 1/4 cup grated Parmesan
- 2 Tbsp. unsalted butter
- 1 Tbsp. minced lemon zest
- Salt and black pepper to taste

**Boil** broth and buttermilk in a saucepan over medium heat. Whisk in cornmeal, reduce heat to low, and cook, whisking constantly, 5 minutes; remove from heat.

**Stir in** Parmesan, butter, and zest; season with salt and pepper.

Per serving: 156 cal; 5g total fat (3g sat); 16mg chol; 142mg sodium; 20g carb; 1g fiber; 6g protein

Per serving: 378 cal; 16g total fat (7g sat);  
155mg chol; 190mg sodium; 5g carb; 1g fiber;  
48g protein