

# Lunch Break

## THIS LUNCH ▾

Quinoa Chopped Salad  
Raspberry Yogurt Dip  
Fresh Fruit

by Chef George Kyrtatas

### Quinoa Chopped Salad

- 1 cup quinoa
- 2 cups water
- 1 red bell pepper
- 1 red onion
- 2 cups spinach
- ½ cup crumbled feta cheese
- 3 tsp. pine nuts
- 1 tsp. fresh oregano
- ¼ cup vinaigrette or Italian dressing

1. Combine quinoa and water in a small pot and bring to a boil. Reduce to simmer and cover. Cook 10 to 15 minutes or until liquid has been absorbed. Let cool completely.
2. Chop bell pepper, red onion and spinach. Then place in a large mixing bowl with quinoa, crumbled feta, pine nuts and oregano.
3. Toss thoroughly with your favorite vinaigrette or Italian dressing.

SERVES 6 Per serving: calories 236, fat 12g, protein 8g, carbohydrate 26g, dietary fiber 4g

### Raspberry Yogurt Dip

- 2 cups Greek yogurt (recommended because it is thicker, better for dipping)
- ¼ cup raspberry jam

1. Mix ingredients together in a large bowl.
2. Separate into 4 portions.
3. Chill and serve with fresh fruit slices.

SERVES 4 Per serving: calories 124, fat 4g, protein 4g, carbohydrate 19g, trace dietary fiber



Photography by James Ransom  
Food Styling by Janine Kalesis



THIS LUNCH ▶

Tofu and Cheese Quesadillas  
Apple Oatmeal Crisp pg. 70  
Cilantro Ranch Dip pg. 70

Tofu and Cheese Quesadillas

- 8 wheat tortillas, 5-inch
- 1 lb. tofu, firm
- ¼ lb. Monterey jack cheese, grated
- 2 tomatoes
- 1 red onion
- 1 avocado
- 2 tsp. chopped cilantro
- hot sauce, to taste



1. Lay 4 tortillas onto a work surface.
2. Chop tofu fine. Divide the tofu and cheese among the tortillas.
3. Chop tomato, onion and avocado and divide among the tortillas.
4. Add cilantro and hot sauce to desired taste.
5. Top each with a remaining tortilla and press gently to seal.
6. Carefully place a quesadilla in the skillet and fry, turning once, until golden and little bubbles appear on both sides, about 4 to 5 minutes total. Repeat with the remaining quesadillas.
7. Cut each quesadilla into 4 wedges with a pizza wheel or knife.
8. Can be served cold. Provide salsa on the side.

SERVES 4 Per serving: calories 230, fat 12g, protein 7g, carbohydrates 25g, dietary fiber 3g

