



Virginia Cooperative Extension Family Nutrition Program

Quick Lunches for Adults and Families with Kids - Quick Tips

Plan for Leftovers

- Throw together a quick lunch by re-heating leftovers from dinner the night before. Combine leftovers from more than one meal along with additional items to change things up.

Make Healthy Sandwiches

- Get creative with sandwiches! Use a fun base such as whole grain bread, tortillas, pita bread, or English muffins.
- Try low-fat plain yogurt infused with herbs, avocado, homemade salsa, mashed fruit, mustard, hot sauce, and olive oil and vinegar in place of unhealthy spreads like mayonnaise.
- Use lean proteins like deli turkey and chicken or peanut butter. You can also try leftovers like cooked ground meat or fish and hard-boiled eggs.
- Add vegetables and fruits like lettuce, tomato, onions, shredded carrots, cucumbers, bell peppers, spinach, mushrooms, bananas, apples, grapes, pears, dried fruit, and pumpkin.
- Try reduced-fat or part skim cheeses, cottage cheese, or plain yogurt.

Build Your Own Meal Ideas

Check out these Build Your Own meal ideas from the FNP website:

- [Build Your Own Pasta Dish](#)
- [Build Your Own Salad](#)
- [Build Your Own Stuffed Baked Potatoes](#)
- [Build Your Own Sweet Dips](#)
- [Build Your Own Tex Mex Meal](#)

Fast, Low-Cost Lunches for Kids

FNP offers the [Pack-It Cookbook](#), a wonderful resource on making low-cost, nutritious, and fast lunches for kids. This cookbook contains recipes that follow the MyPlate recommendations, shopping lists, and an average shopping cost for each meal. Some great ideas from this cookbook that have a short prep time include:

- English Muffin Mini Pizza
- Black Beans and Rice
- Chef Salad
- Tortilla Roll-Up
- Eggs and Things
- Peanut Butter and Jelly

School Meals and Meal Planning

Look into your local district to see what free pick-up school meal options are available for your child. If your child does not participate in school meals, be sure to plan for plenty of food – try to plan for 1-2 weeks of groceries at a time, and let your child help plan these meals with you.

Try this perfect lunch-time sandwich!

Eat Smart • Move More

Egg Salad Sandwiches

Prep Time: 10 minutes

Total Time: 15 minutes



Ingredients

- 6 eggs, hard-boiled, chopped
- 3 tablespoons pickle relish
- 1/3 cup light mayonnaise
- 1/4 teaspoon ground black pepper
- 12 slices whole-wheat bread
- 1/2 head lettuce
- 1 tomato, sliced

Nutrition Facts

6 servings per container		1 serving
Serving size		(146.91g)
Amount per serving		240
Calories		
		% Daily Value*
Total Fat	10g	13%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	190mg	63%
Sodium	460mg	20%
Total Carbohydrate	25g	9%
Dietary Fiber	3g	11%
Total Sugars	4g	
Includes g of Added Sugars		
Protein	13g	
Vitamin D	1mcg	6%
Calcium	110mg	8%
Iron	2mg	10%
Potassium	259mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

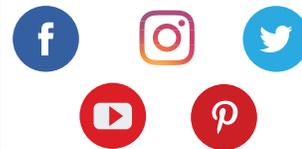
Directions

- Combine eggs, relish, mayonnaise, and pepper in a mixing bowl. Mash and mix well.
- Broil or toast bread (optional).
- Layer egg salad, lettuce, and tomato between 2 slices of bread.

Quick Tips

- ▶ Always wash produce before cutting.
- ▶ If not using immediately, refrigerate egg salad and use within 4 days.
- ▶ See our recipe called “Hard Boiled Eggs” for directions on boiling eggs.

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(Recipe adapted from: <https://www.geniuskitchen.com>.)

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Substitutions in case of limited availability of foods:

- Substitute light mayo for avocado or mustard.
- Use a whole grain tortilla, pita bread, or English muffin in place of bread.

Last Updated April 14, 2020