

THE STUPENDOUS LUNCHBOX SAFARI



1Seven's Super Tasty Lunchbox Recipes

As many parents know, packing a lunchbox every day with food that is both nutritious and tempting to the tastebuds can be quite a challenge. Take a look at our recipes for some fresh, new ideas for lunches that pack some serious taste power.

DAY FOUR: INSPIRING ITALIAN

Recipe: Anything Goes Pasta! - Serves 1

You can add anything to pasta, left over roast vegies and meats, chopped up raw vegies & cottage cheese, a tin of flavoured tuna, olives and grated cheese. Just make sure you include some protein, some vegies and a light dressing.

Try this combination out:

1/2 cup of uncooked short pasta (wholemeal is best!)– try some penne, macaroni, spirals or shells

1/3 red or green capsicum

3 cherry tomatoes

2 slices of roast beef, roughly chopped

1 boiled egg

Favourite light salad dressing

Handful of parsley, chopped

What to do:

Cook pasta. Chop parsley, onion, egg, capsicum, tomatoes and beef. Combine cooked pasta with all ingredients. Add dressing to salad and mix until all combined.

Lunchbox Watch!

You can also make healthy pizzas at home using English muffins or slices of bread. Toast them lightly first so they don't go soggy then add tomato paste and some healthy vegies and lean meats. Top with cheese and grill. These make great snacks and can be eaten cold or frozen and reheated.

Both pasta and pizza are freezer safe.

Other stuff to put in the lunchbox:

Mini pizza muffin

Sliced peaches, drained, with 3/4 cup of cottage cheese

Bottle of water

Nutritional Info:

Energy (cals/kj): 351/1467

Carbohydrates: 47.0

Protein (g): 22.4

Fat (g): 8.2

Fibre (g): 4.3



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