

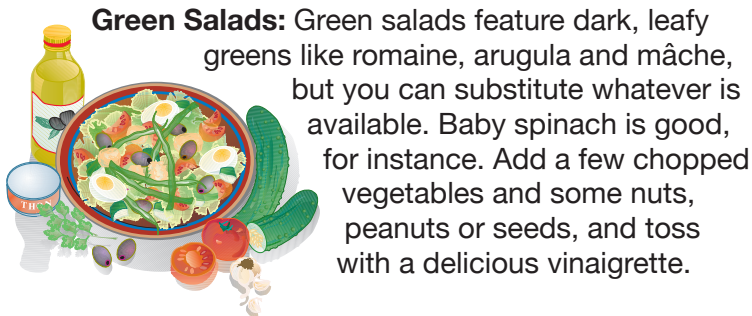


Go Med for Middle of the Day Meals

The Mediterranean way of eating has been proven to be not only delicious but heart healthy, too. There are plenty of ways to go Med for your mid-day meal - here are just a few ideas to inspire you!

Salads

You've got a treat in store as you explore the universe of Mediterranean-style salads!



Green Salads: Green salads feature dark, leafy greens like romaine, arugula and mâche, but you can substitute whatever is available. Baby spinach is good, for instance. Add a few chopped vegetables and some nuts, peanuts or seeds, and toss with a delicious vinaigrette.

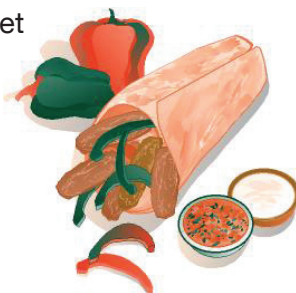
Grain Salads: Mix a half-cup of leftover cooked whole grains—any variety—with your favorite chopped vegetables or leftover roasted vegetables, then toss with a light vinaigrette. Grain salads are great for lunch at work, because they don't get soggy before noon.

Pasta Salads: Leftover pasta can also serve as the base for a quick salad. It's especially tasty mixed with chopped vegetables, canned tuna, and an herb vinaigrette.

Nuts, peanuts, seeds (sunflower, pumpkin, etc.) and beans add flavor accents and stick-with-you protein to your favorite salads.

Wraps or Stuffed Pitas

Wraps can be made with any kind of whole grain flat bread, including lavaash and tortillas. A round of whole wheat pita bread, cut in half, makes the perfect pocket to hold just about any filling.



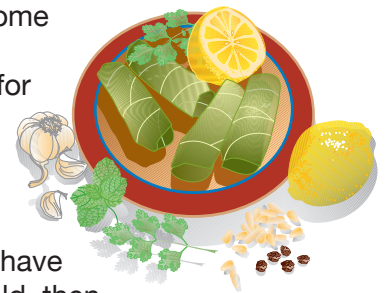
Soups

Home-made soups offer more taste and less sodium than store-bought ones. Make a batch on the weekend, and freeze in single-serving portions. Before long you'll have a "soup factory" in your freezer: just grab a container as you head out the door, and warm your soup up in the microwave at work.



Your Own Meze Plate at Work

In Eastern Mediterranean countries, people often enjoy a meze plate—a collection of small bites. If you have a breakroom fridge at work, stock it with a container of olives, some hummus, some cheese and make your own meze plate for lunch.



Enjoy Leftovers

Most recipes make enough for four people. If you don't have four people in your household, then you'll have leftovers you can take to work the next day for lunch or reheat for another dinner. If you think you'll have no leftovers, double your dinner recipe.

Put one serving in a leak-proof leftover container as you clean up the kitchen after dinner, and you'll be ready to race out the door without any extra lunch preparation the next morning.

