

3 Yummy To-Go Office Lunch Recipes

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ORIENTAL NOODLES WITH TERIYAKI TOFU

Ingredients for The Main Dish

- * 8 oz. package whole wheat Soba noodles (or rice noodles, or egg noodles)
- * 6 oz. tofu, drained and cubed
- * 2 medium carrots, shredded
- * ½ napa cabbage, shredded
- * 2 cloves garlic, minced
- * ½ cup scallion, sliced
- * 1 small onion, sliced
- * 2 Tbsp. cold-pressed extra virgin olive oil
- * raw, unprocessed sea salt to taste

Ingredients for The Marinade

- * ½ cup light soy sauce
- * 3 Tbsp. rice wine vinegar
- * ¼ cup filtered water
- * 3 cloves garlic, minced
- * 2 tsp. ginger, minced
- * ½ tsp. red chili flakes (optional)
- * ½ tsp. sesame oil and veg oil
- * ¼ cup brown sugar

How-To

1. Preheat the oven to 375°F (190°C).
2. Prepare your choice of noodles by following the instructions on the package. Drain the noodles and plunge them into a bowl of cold water. (The cold water stops the cooking so your noodles will still retain a 'bite' in them and not become soft and mushy. It also washes out the starch clinging to the noodles). Put aside.



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3. Wrap the tofu block with a few layers of kitchen paper towel. Put the wrapped tofu block on a cookie sheet. Put a cutting board on top of this tofu block, then weigh down the cutting board with something heavy like canned food. Leave for 5 to 10 minutes. Drain the water from the tofu block.
4. Unwrap the tofu block, then slice it into bite-sized cubes. Sprinkle lightly with the sea salt.
5. Combine the ingredients for the marinade in a medium bowl. Mix together well, ensuring that the sugar is dissolved.
6. Add the cubed tofu to the marinade mixture and mix together thoroughly. Leave to marinate for 15 minutes, stirring occasionally.
7. Remove the marinated tofu from marinade mixture. Keep the remaining marinade for later.
8. Bake the marinated tofu at 375°F (190°C) for 20 minutes turning the cubes occasionally until they turn golden brown.
9. Sauté the diced onion in olive oil for about 5 to 7 minutes or until they are translucent.
10. Add the shredded carrots and cook until tender.
11. Add the shredded cabbage, garlic and remaining marinade. Cook for 5 minutes.
12. Add the noodles and cooked tofu.
13. Pack the cooked dish in a reusable to-go container.
14. For your office lunch, add a cloth napkin and a pair of chopsticks from a previous time you ordered a take-away meal.



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DELIGHTFUL HAM AND CRANBERRY WRAP

Ingredients for the Wrap

- * 2 large spinach tortillas
- * ¼ cup cranberry sauce
- * ¼ cup sunflower seeds
- * 5 oz smoked ham, thinly sliced
- * 1 oz. smoked gouda, sliced
- * 1/3 of a medium apple, thinly sliced

Ingredients for the side Mixed Greens

- * 1/3 cup mixed greens
- * 1 tsp. honey Dijon dressing

How To

1. Make the wrap by assembling the ingredients (for the wrap) in the order they are listed in the ingredients list above.
2. In the center of the tortilla, keep the cheese and the apple slices in a long row.
3. Fold the bottom half of the tortilla over the 2 layers of cheese and apple slices. Roll over once.
4. Fold in the sides of the tortilla toward the center. Roll upward toward the top of the tortilla skin.
5. Cut the finished wrap in 2.
6. Make the second wrap in the same manner.
7. Pack the finished wraps in an air-tight lunch container.
8. Put the honey Dijon dressing in a mini jar. In a separate smaller air-tight lunch container, put in the mixed greens.
9. When you are ready to eat your lunch at the office, mix the salad greens with the honey Dijon dressing and put on one side of your lunch plate. On the other side of the plate, put your 2 portions of Delightful Ham and Cranberry Wrap.
10. Bon Appetit! Enjoy!



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SCRUPMTIOUS QUINOA AND CORN SALAD

Ingredients for The Salad

- * 1 ½ cups quinoa, rinsed and drained
- * 1 cup cooked chicken breast, sliced
- * 1 cup fresh or frozen corn
- * 1 large jalapeno, seeded and diced
- * ¼ cup chopped coriander
- * 3 scallions, sliced
- * raw, unprocessed sea salt to taste
- * 1 avocado, sliced
- * 1 cup cherry tomatoes, halved
- * 1 medium head romaine, washed
- * ¼ cup pumpkin seeds, toasted
- * ½ lime, wedged

Ingredients for The Dressing

- * 1 tsp. ground cumin
- * 1 tsp. chili powder
- * 1 garlic clove, minced
- * ½ cup cold-pressed extra virgin olive oil
- * ¼ cup lemon juice from 2 lemons
- * Raw, unprocessed sea salt to taste

How To

1. In a medium saucepan, bring to the boil 3 cups of water. Put in the quinoa grains, add a pinch of salt and stir. Let the quinoa simmer, then cover the the saucepan and cook for about 15 minutes or until all the water has been absorbed. Turn off the heat.
2. Stir the corn into the cooked quinoa. Then put the mixture, spread out, on a baking sheet to cool for approximately 20 minutes.



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3. Whisk together all the ingredients for the dressing in a small bowl. Put aside.
4. In a large salad bowl, put the now cooled quinoa-corn mixture together. Add to the bowl the chicken, scallions, coriander and jalapeno. Add 1/2 cup of the earlier prepared dressing. Add salt to taste. Mix everything together well.
5. In a deep covered salad container, arrange the romaine leaves around the side. Put the quinoa mixture in the centre. Then add the avocado, tomato and lime wedges on top of the quinoa mixture. Sprinkle with the toasted pumpkin seeds.
6. Bon appetit! Enjoy!



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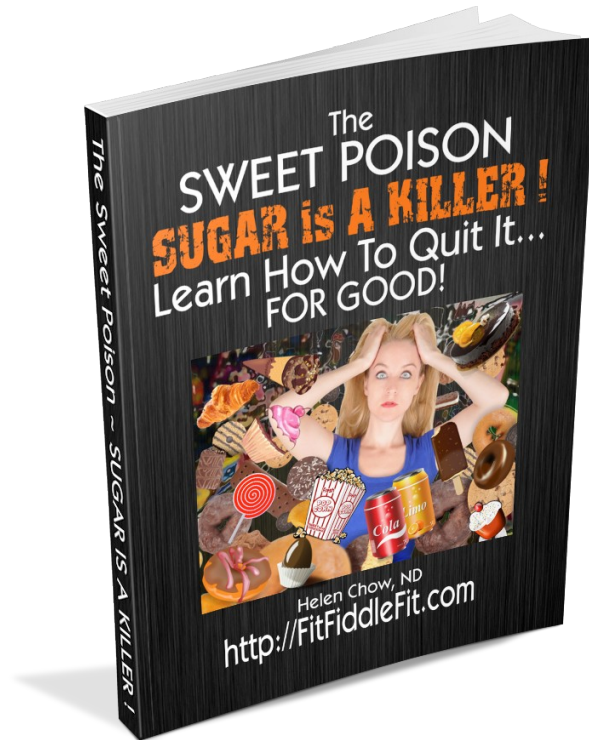
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