

Lunchopolis recipes:

Salade Nicoise Hold the Lettuce

Steamed green beans
Steamed or roasted baby potatoes
Sliced tomato or cherry tomatoes
Canned tuna or salmon
1 hard boiled egg
2 anchovy fillets
black nicoise or kalamata olives
mustard vinaigrette

Create a bed of steamed sting beans in the bottom of your whole container. Add the tomatoes, potatoes and fish. Cut the hard boiled egg into quarters lengthwise and lay them across the salad. Top with the anchovy filets and olives. Drizzle with mustard vinaigrette.

For the vinaigrette:

1 tsp. dijon mustard
a sprinkle of sea salt and some cracked black pepper
1 T. cider or wine vinegar

whick together these ingredients with a fork until they are well incorporated. Then add:

¼ cup of extra virgin olive oil and mix until the ingredients emulsify.

As with any salad you can add or subtract ingredients according to your taste or what you have in the house!

Toasted Garlic Cibatta

1 Cibatta
1 stick butter (room temperature)
1 T extra virgin olive oil
2 cloves of crushed garlic
grated parmesan cheese
sea salt to taste

Halve the cibatta lengthwise. Mix the butter, olive oil, crushed garlic and salt to form a paste. Spread it on either side of the cibatta and sprinkle with grated parmesan.

Lay the two halves open in the oven and broil for about a minute until the bread begins to brown and the cheese has melted. Remove from the oven and cut into ½ inch strips.

Freeze what you don't use immediately for another day.

Tapenade

1 cup of pitted kalamata olives
¼ cup of capers, rinsed and drained
1 anchovy
1 clove of crushed garlic
¼ tsp. herbes de provence
2 T extra virgin olive oil

Combine the first 5 ingredients in a food processor and blend until it forms a rough paste. Transfer to a bowl and add the olive oil missing by hand.

REALLY FAST Tapenade

If you are in a rush, simply keep Kalamata olive paste on hand. Place a heaping tablespoon in a quarter container, top with a few capers and drizzle with olive oil.

Sunomono Salad

½ small cucumber
seasoned rice vinegar
sesame seeds

Wash and peel the cucumber. Using a mandolin, slice the cucumber using the thinnest setting. Place the desired amount of cucumber in the half container. Drizzle with seasoned rice vinegar and sprinkle with sesame seeds.

Veggie Wrap

The wrap of your choice: flour, whole wheat, corn or ezekeiel

Sliced tomato
Sliced cucumber
Avocado
Alfalfa sprouts
Mayo

Lay the open wrap on the counter. spread the mayo on wrap. Slice the tomato and cucumber thinly using a mandolin. Place the sprouts, tomato and cucumber slices in a thin layer 2/3 of the way across the wrap. Cut a couple of thin avocado wedges and add them to the wrap.

Roll it up towards the unfilled side of the wrap.

Place the loose side of your wrap on the bottom of the whole container to hold everything in place until it's time for lunch.

Oatmeal Chocolate Chip Cookies

1 cup butter
¾ cup sugar
¾ cup brown sugar
2 eggs
2 tsp. vanilla
2 cups flour
2 ½ cups of quick cooking oats
½ tsp sea salt
1 tsp baking powder
1 tsp baking soda
12 oz chocolate chips
1 cup chopped walnuts (optional)

pre-heat oven to 350 degrees F.

Mix the flour, salt, baking soda and baking powder together in a bowl. Set aside.
Cream the butter and sugar together. Add vanilla and eggs.
Mix in flour mixture until just incorporated. Add the oatmeal.
Stir in the chocolate chips and chopped nuts by hand.

Drop the batter onto an ungreased cookie sheet and flatten with the back of a fork. Chill the dough and cookie sheet in the refrigerator for 5 minutes. Remove from the refrigerator and bake for 10-12 minutes until golden brown.

Homemade Humus

1 14 oz. can of chickpeas/garbanzo beans
¼ cup of fresh squeezed lemon juice (1-2 lemons)
¼ cup of extra virgin olive oil
2 cloves crushed garlic
salt to taste

Rinse and drain the beans. Put them in a food processor with the lemon juice until creamy. Add the olive oil and blend. Adjust the thickness and taste with additional lemon juice or oil. For a lighter taste use grapeseed or rapeseed oil.
Salt to taste.