

## Tasty Lunches: Two Easy & Healthy Lunchtime Recipes

### Tijuana Torta



#### INGREDIENTS

- 1 15-ounce can black beans, or pinto beans,
- 3 tablespoons prepared salsa
- 1 tablespoon chopped pickled jalapeño
- 1/2 teaspoon ground cumin
- 1 ripe avocado, pitted
- 2 tablespoons minced onion
- 1 tablespoon lime juice
- 1 16- to 20-inch-long baguette, preferably whole-grain
- 1 1/3 cups shredded green cabbage

#### DIRECTIONS

- Mash beans, salsa, jalapeño and cumin in a small bowl. Mash avocado, onion and lime juice in another small bowl.
- Cut baguette into 4 equal lengths. Split each piece in half horizontally. Pull out most of the soft bread from the center so you're left with mostly crust. Divide the bean paste, avocado mixture and cabbage evenly among the sandwiches. Cut each in half and serve.

#### NUTRITION

**Per serving:** 354 calories; 9 g fat ( 1 g sat , 5 g mono ); 0 mg cholesterol; 60 g carbohydrates; 17 g protein; 17 g fiber; 682 mg sodium; 639 mg potassium.

**Nutrition Bonus:** Folate & Vitamin C (29% daily value), Potassium (18% dv), Iron (15% dv).

### Londoner's Egg Sandwich



#### INGREDIENTS

- 1 tablespoon reduced-fat cream cheese
- 1 teaspoon whole-grain mustard
- 1/2 teaspoon chopped fresh dill
- 2 slices thin whole-grain rye bread, toasted
- 1 large hard-boiled egg, sliced
- 2 tomato slices
- Pinch salt and pepper

#### DIRECTIONS

- Mix together cream cheese, mustard and 1/2 teaspoon chopped dill.
- Spread the mixture over toasted bread. Top one slice with egg, tomato and salt and pepper. Cover with the other slice of bread.

#### NUTRITION

**Per serving:** 258 calories; 10 g fat ( 4 g sat , 3 g mono ); 220 mg cholesterol; 29 g carbohydrates; 13 g protein; 3 g fiber; 703 mg sodium; 203 mg potassium.

**Nutrition Bonus:** Selenium (46% daily value), Folate (19% dv), Iron (15% dv).

#### TIPS & NOTES

**Tips:** You may substitute dried dill for fresh dill. Add chopped celery and/or red peppers to the egg mixture for added nutrition.