



SIMPLE LUNCH SOLUTIONS

GEHA®

No matter how you slice it – or what you pack it in – bringing a healthy homemade lunch to work or school can help you save calories and costs.

Brown-bagging it doesn't have to be time or labor intensive. With minimal planning and prep you can create a tasty meal that doesn't skimp on flavor and is far from boring. Try these packable, healthy and delicious dishes to spice up your mid-day meal.

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Bok choy and spinach salad with chicken

2 (6 oz.) skinless and boneless chicken breasts	1 tsp. reduced-sodium soy sauce
3 cups fat-free, reduced-sodium chicken broth	1 tsp. grated ginger
3 cups baby spinach, lightly packed	1/2 tsp. sriracha sauce, optional
4 leaves bok choy	1/4 tsp. salt
1/2 cup sliced scallions, green and white parts	Freshly ground black pepper
2 clementines	2 tsp. toasted sesame oil
1 Tbsp. fresh lime juice	1/4 cup sliced almonds, toasted
1 Tbsp. rice vinegar	

1. In medium saucepan, place chicken and broth over medium-high heat. When bubbles just appear, about 8 minutes, reduce heat and cook with liquid simmering until an instant-read thermometer registers 165 degrees when inserted into thickest part of breast or chicken looks white when cut in center, about 20 minutes.
2. Cool chicken in broth until cool enough to tear into bite-size pieces. Pour broth through strainer lined with paper towel, and reserve for another use.
3. Place spinach in salad bowl. Cut white part of bok choy leaves crosswise into thin slices and add to spinach. Reserve green leafy part to use in soup or stir-fry. Add scallions, and arrange chicken over greens. Cut one clementine crosswise into thin slices. Remove peel, separate slices into thin wedges, and add to salad.
4. Halve remaining clementine crosswise and squeeze juice into small bowl. Add lime juice, vinegar, soy sauce, ginger, sriracha sauce, if using, salt and 3-4 grinds pepper, whisking to combine. Whisk in oil. Pour dressing over salad. Sprinkle on almonds.
5. To serve, toss salad, and divide among 4 individual, wide salad bowls or medium-sized plates.

Serves 4

Nutrition facts per serving: 185 calories, 7 g total fat, (1 g saturated fat), 10 g carbohydrate, 23 g protein, 2 g dietary fiber, 290 mg sodium



Tomatillo turkey chili

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| 1 Tbsp. canola oil | 1 tsp. chili powder, or to taste |
| 1 cup chopped onion | 1 tsp. cumin |
| 2 medium green bell peppers, seeded and chopped | Salt and freshly ground black pepper |
| 1 large red, orange or yellow bell pepper, seeded and chopped | 2 cups diced tomatillos or 2 (11 oz.) cans |
| 1 lb. lean ground turkey meat | 1 cup frozen yellow corn |
| 4 cloves garlic, minced | 1 (15 oz.) can no salt added pinto beans, rinsed and drained |
| 1-2 fresh Fresno or jalapeno peppers, seeded and finely sliced | 2 cups low-fat, reduced-sodium chicken broth |
| 1 Tbsp. coriander | 1/3 cup finely chopped cilantro |
| 1 Tbsp. oregano | 1/3 cup chopped green onions |
| | Lime wedges for garnish |
| | 1/2 cup non-fat, plain, Greek yogurt, optional |

1. In large pot, heat oil over medium-high heat. Add onion and bell peppers and sauté until onion is translucent, about 5 minutes. Add turkey and sauté until meat begins to brown, about 5 minutes. Stir in garlic, Fresno or jalapeno peppers, coriander, oregano, chili powder and cumin. Salt and pepper to taste. Sauté 2 minutes, stirring often.
2. Add tomatillos, corn, beans and broth. Reduce heat, cover and simmer for a minimum of 20 minutes, stirring occasionally.
3. Divide chili among six serving bowls. Garnish with cilantro, green onions, lime wedges and yogurt, optional.

Serves 6

Nutrition facts per serving: 256 calories, 9 g total fat, (2 g saturated fat), 29 g carbohydrate, 19 g protein, 8 g dietary fiber, 75 mg sodium

Courtesy of the American Institute for Cancer Research, aicr.org



Quinoa with arugula

1 Tbsp. olive oil
1/2 yellow onion, chopped
1 clove garlic, minced
1 cup quinoa, well rinsed
2-1/4 cups chicken stock
(or vegetable stock or broth)

2 cups arugula, chopped, stemmed
(preferably rocket)
1 small carrot, peeled, finely shredded
1/2 cup shitake mushrooms, fresh, thinly sliced
1/4 cup Parmesan cheese, grated
1/2 tsp. salt
1/4 tsp. freshly ground black pepper

1. In a large saucepan heat oil over medium heat. Add the onion and sauté for 4 minutes or until soft and translucent. Add the garlic and quinoa. Cook for about 1 minute, stirring occasionally. Do not let the garlic brown.
2. Add the stock and bring to a boil. Reduce the heat to low and simmer for 12 minutes or until the quinoa is almost tender to the bite but slightly hard in the center. The mixture will be brothy.
3. Stir in the arugula, carrot, and mushrooms and simmer for 2 minutes longer or until the quinoa grains have turned from white to translucent. Stir in the cheese and season with salt and pepper. Serve immediately.

Serves 6

Courtesy of The Culinary Center of Kansas City, kcculinary.com



Want to see how this recipe is made? Visit geha.com/quinoa

Alaska salmon salad

1 fillet (14 oz.) salmon
1/3 cup chopped green onion
1/3 cup chopped celery

1/3 cup nonfat plain yogurt
1 Tbsp. lemon juice
Ground black pepper, to taste

1. Bake fresh, unsalted salmon (until it flakes easily with a fork in the thickest part). Flake, place in a bowl, and chill.
2. After salmon has chilled, stir in the remaining ingredients.
3. Season with black pepper to taste.
4. Serve as a side dish or salad, or spread on bread or unsalted crackers.

Serves 6

Nutrition facts per serving: 105 calories, 4 g total fat, (1 g saturated fat), 37 mg cholesterol, 47 mg sodium.

Courtesy of the National Heart, Lung and Blood Institute, nhlbi.nih.gov



Tuscan bean soup

1/8 pound bacon, chopped
1 Tbsp. olive oil
1 cup carrots, washed, peeled, diced
1 cup onions, diced
1/2 cup celery, washed, diced
1 white potato, peeled, 1/4-inch dice
1-1/2 large red bell peppers, washed,
seeded, medium dice

6 cups white beans, cooked, drained
1-1/2 quarts water
1 cup whole tomatoes, canned,
processed slightly in food processor (or blender)
2 tsp. salt
3/4 tsp. red pepper flakes
3/4 tsp. freshly cracked black pepper
1/2 tsp. rosemary, fresh, washed

1. In a 1-gallon stock pot, sauté bacon over medium-high heat until lightly crisp, stirring constantly. Add oil, carrots, onions, celery, potato, and peppers and sauté until halfway tender, stirring constantly to prevent burning. Add beans, water, tomatoes, salt, red pepper flakes, black pepper, and rosemary.
2. Stir to mix and bring to a boil. Reduce heat to simmer and continue to cook for an additional 15 minutes.
3. Remove from heat. To serve, ladle into individual soup bowls. Serve warm.

ETC: Serve a moist cornbread and honey butter alongside this soup for a full meal experience.

Makes 4 quarts.

Courtesy of The Culinary Center of Kansas City, kcculinary.com



Want to see how this recipe is made? Visit geha.com/soup

Citrus bow tie pasta

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| 1 pound bow tie pasta, preferably whole wheat or spelt | 2 ripe Roma tomatoes, seeded and chopped |
| 1 ripe avocado, peeled and cubed | 1/2 cup packed chopped cilantro or flat-leaf parsley |
| 3 green onions, both green and white parts, chopped | 1/4 cup freshly squeezed lemon or lime juice |
| 3/4 cup crumbled feta cheese | 1/3 cup garlic-infused olive oil |
| | 1/2 tsp. sea salt |
| | 1/2 tsp. ground black pepper |

1. Cook pasta in boiling salted water according to package directions. Drain, but do not rinse the pasta.
2. Place hot pasta in a large mixing bowl. Add avocado, green onions, feta, tomatoes and cilantro. Whisk together lemon juice and olive oil and drizzle over the warm pasta.
3. Toss to combine. Season with salt and pepper and serve warm or cold.

Serves 4 to 6

Nutrition facts per serving: 460 calories (160 from fat), 18 g total fat, 5 g saturated fat, 15 mg cholesterol, 410 mg sodium, 61 g carbohydrate (4 g dietary fiber, 5 g sugar), 14 g protein

Courtesy of The Whole Foods Market, wholefoodsmarket.com



Farro and herb pilaf with sausage and spinach

1 1/2 Tbsp. extra-virgin olive oil, divided
1 1/2 cup farro
3 1/2 cups low-sodium chicken broth
3 links mild or sweet Italian pork sausage,
removed from casings
1 cup chopped red onion
2 cloves garlic, finely chopped

2 cups cremini or button mushrooms, halved
or quartered
2 cups packed baby spinach
Salt and pepper to taste
1/4 cup chopped parsley
2 Tbsp. chopped oregano

1. Heat 1 tablespoon of the oil in a medium pot over medium-high heat. Add farro and cook, stirring often, until fragrant and toasted, 4 to 5 minutes. Add broth and bring to a boil. Reduce heat to medium, cover and cook, stirring occasionally, until liquid is absorbed and farro is tender, 20 to 25 minutes
2. Meanwhile, heat remaining 1/2 tablespoon oil in a large skillet over medium-high heat. Add sausage and cook, breaking it up into small chunks with a spatula, until almost cooked through, 6 to 8 minutes. Add onions and garlic and cook until onions are translucent, about 5 minutes. Add mushrooms, toss well and cook, stirring occasionally, until just softened, 4 to 5 minutes. Remove skillet from the heat and stir in spinach until wilted. Season with salt and pepper.
3. Stir parsley, oregano, salt and pepper into pot with farro, then spoon onto plates. Top with sausage-mushroom mixture and serve.

Serves 4

Nutrition facts per serving: 490 calories (190 from fat), 22 g total fat, 6 g saturated fat, 35 mg cholesterol, 910 mg sodium, 57 g carbohydrate (9g dietary fiber, 8g sugar), 22g protein

Courtesy of The Whole Foods Market, wholefoodsmarket.com



Avocado, potato, and grilled chicken salad

3-4 medium red potatoes
1 fresh, ripe avocado
1 tsp. lemon juice
4 green onions, chopped
1/2 medium red bell pepper, chopped
8 oz. frozen pre-cooked grilled chicken strips
(about 8 strips), thawed, cut into bite-size pieces

1 Tbsp. olive oil
1 Tbsp. cider vinegar
1/2 cup lemon non-fat yogurt
1/8 tsp. ground black pepper

1. In a medium sauce pan, boil potatoes about 20 minutes, until just tender; run under cold water to cool, and cut into chunks.
2. Peel avocado and cut into chunks; coat with lemon juice.
3. Whisk olive oil, vinegar, yogurt, and pepper in a small bowl.
4. Place all ingredients in large bowl. Gently toss.

Serves 4

Nutrition facts per serving: 300 calories (90 from fat), 11 g total fat, 2 g saturated fat, 40 mg cholesterol, 280 mg sodium, 34 g carbohydrate (6 g dietary fiber, 6 g sugar), 19 g protein

Courtesy of the United States Department of Agriculture, choosemyplate.gov





Fresh fruit (mixed berries, apples, bananas, etc.)

nutritional boost: (ex. 1 cup blueberries)

84 calories

14% of your daily total of dietary fiber

19% of your daily total of vitamin C



Dry cereal

nutritional boost: (ex. 1 cup whole grain cereal)

110 calories

12% of your daily total of dietary fiber

78% of your daily total of vitamin B12



Popcorn

nutritional boost: (ex. 1 cup, lowfat variety)

32 calories

4% of your daily total of dietary fiber



Mixed nuts

nutritional boost: (ex. 1/4 cup, dry-roasted)

203 calories

13% of your daily total of protein

25% of your daily total of vitamin E



Dried fruit

nutritional boost: (ex. 1/2 cup, mixed)

166 calories

20% of your daily total of dietary fiber

11% of your daily total of potassium



Dark chocolate

nutritional boost: (ex. 1.5 ounce portion)

216 calories

rich with heart-healthy antioxidants



Peanut butter

nutritional boost: (ex. 2 tablespoons)

188 calories

17% of your daily total of protein

19% of your daily total of vitamin E



Canned tuna and crackers

nutritional boost: (ex. 1/2 cup water-packed tuna and 4 whole-wheat crackers)

157 calories

47% of your daily total of protein

source: Food-A-pedia, from the United States Department of Agriculture, supertracker.usda.gov. Totals based on a 2,000 calorie diet.

Healthy workday snack options

Try tucking these foods into a desk drawer for easy, delicious options to quell your workday hunger. Each one provides plenty of nutrition with minimal preparation and no refrigeration required.

Whole grain pasta salad

DRESSING

1/3 cup olive oil
1/4 cup balsamic vinegar
Salt and pepper to taste

SALAD

8 oz. sliced strawberries
8 oz. diced fresh apples
8 oz. fresh baby spinach leaves
1 pound whole wheat penne pasta, cooked, warm

1/2 cup fresh shredded Parmesan cheese, for garnish

1. For the dressing, in a bowl add oil, vinegar, salt, and pepper. Whisk to combine and set aside.
2. For the salad, in a large serving bowl add strawberries, apples, and spinach. Gently stir to combine. Add warm pasta and stir to combine. Pour the dressing over top and gently stir to combine and coat well. Sprinkle with cheese, for garnish.

Serves 8

Courtesy of The Culinary Center of Kansas City, kcculinary.com



Want to see how this recipe is made? Visit geha.com/PastaSalad

Asian chicken sandwich with sriracha mayo

Chicken

2 pounds chicken breasts
2 cups chicken broth
2 tablespoons vegetable oil, divided
(preferably grape seed oil)
Soy sauce to taste
Sesame oil to taste

Sriracha mayo

2 egg yolks
1 Tbsp. lemon juice, freshly squeezed

2 tsp. mustard
1 cup vegetable oil (preferably grape seed oil)
Sriracha sauce to taste
Sea salt to taste

6 ciabatta rolls, sliced in half lengthwise
1 cucumber, sliced thin
1 cup carrots, shredded, soaked in
rice wine vinegar for at least 30 minutes
¼ cup each of cilantro, mint, and basil, mixed
6 lime wedges

1. For the sriracha mayo, in a food processor add yolks and juice. Process until smooth. Add mustard and process quickly to mix together. While motor is running, slowly add oil in a steady stream and process until combined. (The mayo should be white and thick at this point.) Add sriracha and sea salt. Mix to combine. Transfer mayo to a bowl and cover with a sheet of plastic wrap. Refrigerate until ready to use.
2. For the chicken, in a crock pot add chicken and broth. Cover with lid and cook on high for 3 hours. Remove the chicken and place on a cutting board. Remove and discard all but ½ cup of the broth. Using 2 forks, shred chicken and place back in crock pot. Reduce heat to low and simmer for ½ hour.
3. In a sauté pan heat 1 tablespoon oil over medium-high heat. Add shredded chicken, soy sauce, and sesame oil. Cook until edges of chicken are crisp, stirring often.
4. To assemble sandwiches, spread prepared mayo on both sides of rolls and place chicken on one half of each. Top with equal amounts of cucumber, carrots and herb mixture. Squeeze a slice of lime over each sandwich and top with other half of roll.

Serves 6

Courtesy of The Culinary Center of Kansas City, kcculinary.com



Want to see how this recipe is made? Visit geha.com/sandwich



Grilled steak and peppers salad with pear

2 cups (4 oz) whole-wheat rotini pasta, uncooked
1 yellow bell pepper
1 red bell pepper
1/2 tsp. olive oil
12 oz. boneless choice beef top sirloin
2 Bartlett pears
3 cups arugula
1/4 cup crumbled Gorgonzola cheese

Vinaigrette

1 Tbsp. olive oil
3 Tbsp. distilled vinegar
1/4 cup 100% white grape juice or apple juice
1/4 tsp. salt (optional)
1 Tbsp. Italian herb blend, salt-free

1. In a small bowl, whisk olive oil, vinegar, grape or apple juice, salt, and herb blend. Boil water and cook pasta according to package instructions. Drain pasta, rinse in cool water.
2. Heat grill, rub peppers with 1/2 tsp olive oil. Grill whole peppers, turning as needed, until skin begins to brown and bubble. At the same time, grill beef sirloin to 145°F, turning once. Remove from grill, let cool slightly.
3. Slice peppers into strips, discarding seeds and stem. Cut sirloin across the grain into thin slices. Slice pears into thin wedges. Toss arugula and pasta in large bowl.
4. To serve, evenly divide pasta-arugula onto four plates, arrange beef, peppers, and pears on top, drizzle with vinaigrette, and sprinkle with crumbled Gorgonzola cheese.

Serves 4

Nutrition facts per serving: 390 calories (110 from fat), 12 g total fat, 4 g saturated fat, 65 mg cholesterol, 330 mg sodium, 44 g carbohydrate (7 g dietary fiber, 15 g sugar), 27g protein

Courtesy of the United States Department of Agriculture, usda.gov



Mango rice salad

Salad

2 cups cooked brown rice (see note)
1 (15 oz.) can black beans, rinsed and drained
3/4 cup diced mango, 1/4-inch cubes
1/2 cup chopped and seeded plum tomato
1/3 cup chopped green onion,
white and green parts

Dressing

1/3 cup orange juice
1-2 Tbsp. fresh lime juice
1 serrano chile pepper, or 1-2 inch piece jalapeño
pepper, coarsely chopped
1 tsp. ground cumin
1 tsp. dried oregano
1 Tbsp. canola oil
Salt and ground black pepper
2-3 Tbsp. chopped fresh cilantro

1. Combine rice, beans, mango, tomatoes and green onion in mixing bowl. This step may be done up to 2 hours before serving with salad covered and refrigerated.
2. For dressing, in blender or bowl of mini-food processor, whirl orange and lime juice, chile pepper, cumin and oregano until chile is ground up. Add oil and whirl to blend. Season to taste with salt and pepper. This may be done up to 2 hours before serving, and dressing refrigerated.
3. Just before serving, pour dressing over salad and toss with fork to combine (if salad has been refrigerated, let sit at room temperature for 20 minutes before dressing). Spoon salad into wide, shallow serving bowl, and sprinkle on cilantro. Serve immediately.

Serves 4

Nutrition facts per serving: 284 calories, 5 g total fat (<1 g saturated fat), 51 g carbohydrate, 10 g protein, 10 g dietary fiber, 201 mg sodium

Courtesy of the American Institute for Cancer Research, aicr.org



Turkey and cucumber sandwich

4 slices whole wheat bread
4 slices enriched white bread
1/2 cup plain fat free yogurt
2 tsp. fresh dill, chopped
or 1 tsp. dried dill
1/2 cup cucumbers, chopped

1/4 cup onion, chopped
1/8 tsp. black pepper
8 oz turkey breast, thinly sliced (or you can use
turkey breast lunchmeat, fat free, low-sodium)
Additional cucumber slices, as desired
1/8 tsp. salt (optional)

1. Mix the yogurt, dill, onion, pepper and chopped cucumbers.
2. Divide the yogurt/ cucumber mixture on all 8 slices of bread, top the whole wheat bread with turkey, cucumber slices and cover with the white bread.

Serves 4

Nutrition facts per serving: 245 calories (190 from fat), 2.46 g total fat, 0.14 g saturated fat, 317 mg sodium, 4.79 g dietary fiber, 5 g protein

Courtesy of choosemyplate.gov



Creamy broccoli soup

3 cups broccoli, chopped,
fresh or frozen
1/2 cup celery, diced
1/2 cup onion, diced
2 cups chicken broth, reduced sodium
4 cups milk, 1%

1/4 cup cornstarch
Pinch salt
1/2 tsp. pepper
1 cup cheese, cheddar, reduced fat, shredded
Cayenne pepper to taste

1. Place vegetables and broth in sauce pan.
2. Bring to a boil, reduce heat to a simmer and cook until vegetables are tender.
3. Mix milk, cornstarch, salt, and pepper in a small bowl.
4. Add milk mixture to vegetables and heat on medium high heat.
5. Stir until soup is lightly thickened and begins to boil.
6. Remove from heat. Add cheese and stir until melted. Add cayenne if desired.

Serves 6

Nutrition facts per serving: 170 calories, 6 g fat, 25 mg cholesterol, 410 mg sodium, 18 g carbohydrates, 1 g fiber, 12 g protein

Courtesy of getfreshcooking.com



Roasted barley salad

3 Tbsp. olive oil, divided
1 cup pearl barley, uncooked
3 cups vegetable stock
1 (8 oz.) container medium button mushrooms, cleaned, sliced
1 cup black beans, canned, drained
1 cup green bell pepper, diced
1 cup frozen sweet corn, thawed, drained
1 cup tomatoes, fresh, washed, seeded, diced

6 green onions, fresh, washed, peeled, diced
1/4 cup jalapeno pepper, fresh, washed, seeds removed, thinly sliced
1/2 cup basil, fresh, washed, dried, chopped
6 cloves garlic, fresh, peeled, chopped
1 lemon, freshly juiced
2 Tbsp. pumpkin seeds, toasted
Salt and freshly ground black pepper to taste

1. In a saucepan heat 2 tablespoons oil over medium heat. Add barley and sauté until lightly toasted, stirring frequently to prevent burning. Add stock and bring to a boil. Reduce heat to low and simmer gently, covered, for 25 minutes or until liquid is absorbed.
2. Remove from heat and set aside to cool. In a sauté pan heat remaining 1 tablespoon oil over medium heat. Add mushrooms and sauté until browned and soft, stirring frequently to prevent burning. Remove from heat and add to the cooled barley. Stir to combine.
3. Transfer barley/mushroom mixture to a large serving bowl. Add beans, green peppers, corn, tomatoes, onions, jalapeno pepper, basil, garlic, juice, and pumpkin seeds. Using a large wooden spoon, gently stir to combine well. Season with salt and pepper. Stir to combine. Serve at room temperature.

Serves 8

Courtesy of The Culinary Center of Kansas City, kcculinary.com



Want to see how this recipe is made? Visit geha.com/barley

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