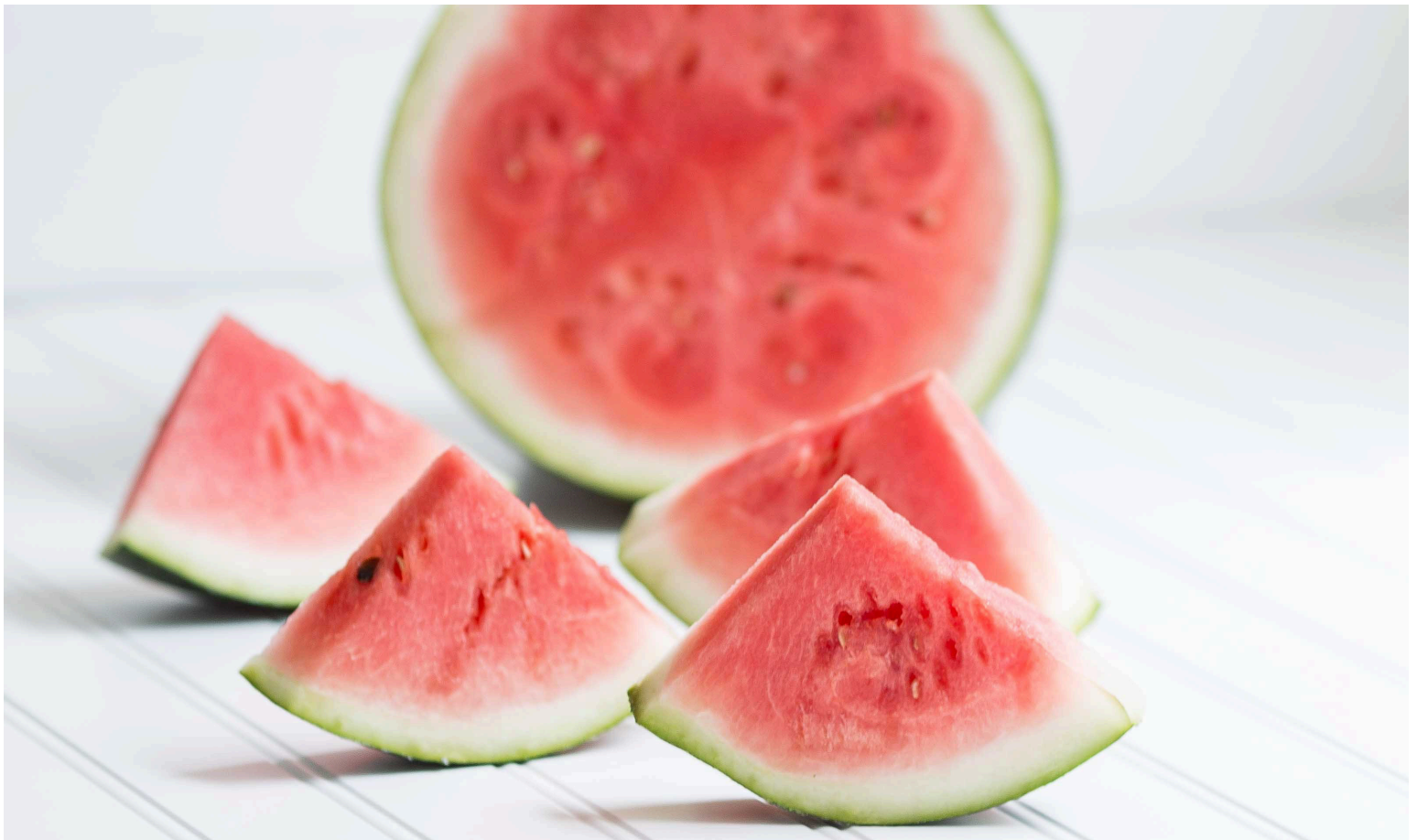




# *Learn to...* **LUNCH**

## *Week 2: Super Salads*

*Menu: Watermelon salad, Mediterranean bean salad,  
Fruit salad, and Colourful Curried Lentil Salad*



# Watermelon Salad



## Ingredients

6 cups watermelon -cubed  
2 cups blueberries -fresh not frozen  
1 cup feta cheese -crumbled  
2 Tbsp fresh mint-thinly sliced  
3 Tbsp lime juice  
3 Tbsp olive oil  
1 Tbsp honey (can add more to taste if needed)  
Salt and Pepper

## Directions

- 1 Add watermelon, blueberries, feta, and mint to a large bowl.
- 2 Whisk lime juice, olive oil, honey, and salt and pepper together.
- 3 Drizzle dressing over salad and toss to coat.
- 4 Serve immediately

## Nutrition Info:

**Watermelon** - hydration and potassium

**Blueberries** - rich in antioxidants

**Honey** - antioxidants, improved wound healing, and anti-inflammatory properties.

**Mint** - helps aid digestion, helps with acne and helps stomach problems overall

# Mediterranean Bean Salad

## Ingredients

### Salad

1 can mixed beans  
¼ cup pitted kalamata olives  
Half sliced, diced red and yellow pepper  
½ sm red onion  
1 cup cherry tomatoes-sliced in half  
½ quartered cucumber  
½ cup crumbled feta  
Small handful parsley finely chopped

### Dressing

¼ cup extra virgin olive oil  
2 Tbsp red wine vinegar  
1 lemon juiced  
2 cloves garlic minced  
1 Tbsp Italian Spice  
1 tsp oregano  
Salt and pepper to taste  
\*Crushed red peppers for spice



## Directions

- 1 In a large bowl mix bean, olives, roasted red peppers, red onion, cherry tomatoes, bell pepper, cucumber, feta cheese, parsley.
- 2 In a large mason jar or salad dressing container add the olive oil, red wine vinegar, lemon juice, garlic, spices and whisk together. Add salt and pepper to taste, drizzle the dressing over the salad and toss gently to coat with the dressing.

## Nutrition Info:

**Kalamata Olives** - rich in oleic acid linked to improved heart health and cancer-fighting properties. iron, calcium, copper, and vitamin A

**Feta** - bone and gut health

**Onion** - fight inflammation, decrease triglycerides and reduce cholesterol levels

**Parsley** - helps blood clot and bone health, vitamin C

# Colourful Curried Lentil Salad



## Ingredients

1 can green lentil	½ tbsp lemon juice
1 red pepper	½ tsp dijon mustard
2-3 green onions finely chopped (green and white)	½ tsp curry powder
½ cup currants	¼ tsp ground cumin
¼ cup vegetable oil	¼ tsp cinnamon
1 ½ tbsp red wine vinegar	1 pinch cloves
	3 tbsp. maple syrup

## Directions

- 1 Put the lentils, peppers, onions, and currants into a bowl.
- 2 In another bowl mix the remaining ingredients to make a dressing.
- 3 Pour the dressing onto the lentils and stir.
- 4 Allow time for the flavours to mature, Let sit overnight if possible.

## Nutrition Info:

**Green lentils** - single serving 32% of your daily fiber needed, protects against diabetes (regulates blood sugar levels). Potassium, Folate and Iron.

**Currants** - vitamin C, contains iron and supports immune function

**Cinnamon** - anti-viral components, lowers blood sugar, medicinal properties

**Red pepper** - more than 200 % of your daily vitamin C intake, antioxidants, vitamin B6 and folate, beta carotene and vitamin A

# Fruit Salad

## Ingredients

2 ½ cups strawberries	<b>Dressing</b>
1 cup blueberries	¼ cup honey
1 cup raspberries	¼ cup orange juice
3 kiwi's peeled and md diced	Zest from 1 lemon
1 large orange peeled quartered and cut up	
2 Apples peeled, sliced, and cut up	
2 cups grapes	

## Directions

- 1 In a small bowl whisk together honey, orange juice, and lemon zest.
- 2 Add fruit together in a large bowl
- 3 Pour dressing over fruit mixture, tossing gently to combine. Chill until ready to serve.



## Nutrition Info:

**Strawberries** - protect your heart, increase HDL (good) cholesterol, lower your blood pressure, helps prevent cancer

**Raspberries** - provide potassium, essential to heart function, and proven to lower blood pressure

**Grapes** - help protect against cancer, eye problems and heart problems

**Orange** - helps collagen production, protects cell from damage, essential for iron absorption

# ***Tips to maintain healthy balanced eating habits***

## **Why is Lunch so important and how does it help us perform mentally/physically?**

Food is energy! That's why!

A balanced meal is based around the three main core food groups: carbohydrates, protein, and veggies/fruit (veggie preferably). Eating well mid-day keeps your brain going-helps mental energy and focus, helps you make more rational decisions, keeps your blood sugar level even, your metabolism active and helps you perform your best!

### **Being Mindful Of Your Eating Habits**

How you ate?

- did you eat slowly?
- were you distracted?
- did you eat with others?

Why you ate?

- were you hungry?
- was it offered to you?

What you ate?

- what did you have to eat and drink?

When you ate?

- what time was it?
- how long had it been since the last time you ate?

Where you ate?

- were you in a space meant for eating?

How much you ate?

- how much food and drink did you have?

### **Benefits Of Enjoying Your Food**

- tasting the flavours
- being open to trying new foods
- developing a healthy attitude about food

Try a variety of healthy foods to help you find new foods to enjoy. Trying new foods can appeal to a sense of wonder and even adventure.

### **Cook More Often**

Cooking and preparing food can support healthy eating habits.

Cooking allows you to:

- learn new skills
- rely less on highly processed foods
- control the amount of sauces and seasonings
- make foods that you and your family like and will eat
- save money by avoiding extra money spent on meals eaten out

Choose healthy ingredients like:

- fruits
- vegetables
- whole grain foods
- protein foods
- choose protein foods that come from plants more often

### **Eat Meals With Others**

When you eat with others, it's important to remember to:

- Take your time. Don't feel the need to rush. Enjoy your food and the social aspect of being together.
- Put away distractions like the TV or electronics. This can help you be mindful of your food choices.
- Use it as a chance to connect. Talk to those around you and share what is going on in everyone's life.

Enjoying your food includes:

- socializing at mealtime
- enjoying shopping for food
- preparing and cooking food
- growing or harvesting your own food
- getting to know the people that grow or produce your food
- being involved in meal planning, preparation and clean up



# Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty  
of vegetables  
and fruits

Eat protein  
foods

Make water  
your drink  
of choice



Choose  
whole grain  
foods

Discover your food guide at

[Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)