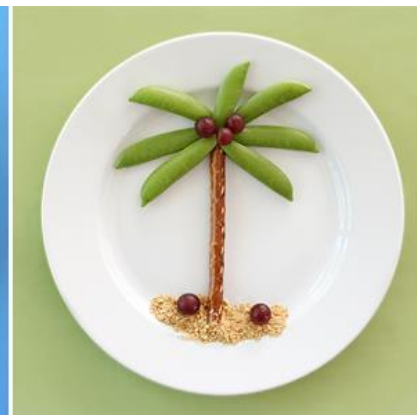


Healthy Summer Lunches

Try these healthy and delicious dishes that are fun to make! Make meal prep easy by assembling them in a Mason jar.



On the Menu

Black Bean and
Corn Mason Jar
Salad

Berry Yogurt
Parfait



Black Bean and Corn Mason Jar Salad

Yields: 5 servings

*1 Mason jar - 415
Calories, 37.12g
Carbohydrates, 19g
Protein, 8.3g Fat*

Chopped Black Bean and
Corn Mason Jar Salad



Ingredients

- 5 Mason jars
- 1¼ cup salsa
- 6 oz plain Greek yogurt
- 1 quart cherry tomatoes, halved
- 1 red onion, chopped
- 2 cans black beans, drained and rinsed
- 6oz package of frozen corn, thawed
- 1 cup shredded pepper jack cheese
- 4-5 cups lettuce

Instructions

In each Mason jar combine ¼ cup salsa and 1.5 Tbsp greek yogurt, stir together

Divide and layer the rest of the ingredients evenly between the 5 jars.

When ready to eat pour into a bowl, mix together, and enjoy!

Ingredients

4 containers plain Greek yogurt

1 Tbsp honey

1 tsp vanilla

½ tsp finely shredded lemon peel

½ cup raspberries

½ cup blueberries

½ cup blackberries

1 cup protein special K cereal

Instructions

In a small bowl combine yogurt, honey, vanilla, and shredded lemon peel. (If desired, the yogurt mixture can be stirred together ahead of time, covered, and chilled for several hours.)

Divide half of the yogurt mixture among four glasses or parfait dishes. Top with half of the berries and half of the cereal. Repeat layers. Serve immediately or cover and chill for up to 30 minutes.

Garnish servings with lemon peel strips.



Berry Yogurt Parfait

Yield – 4 servings

Recipe – 182 Calories, 23g Carbohydrates, 21g Protein, 1g Fat

