



# The Lunch Bunch

Your weekly guide to prepping and packing your lunch

## Groceries

Note: this guide helps prep lunch for one person. If you're prepping for two, double everything.

### Produce:

- White onion, small (or 1/2 med)
- Garlic (3-4 cloves)
- Mushrooms (1/2 pkg. or 4 oz.)
- Kale, 1 bunch

### Protein/Dairy:

- 15 oz. Part-skim Ricotta
- 2 cups part-skim mozzarella cheese
- 1 egg

### Optional add-ins:

- Fruit
- Chicken
- Spinach

### Staples/Pantry:

- 1 (15oz) can pumpkin puree
- Spicy marinara sauce
- 12 Lasagna noodles
- Basil (1 Tbsp. dried or 1/2 cup fresh)

### Other:

- Dry white wine

## Pumpkin and Kale Lasagna Roll Ups

### Ingredients

- 1 white onion, small
- 3-4 Garlic cloves, finely diced
- Mushroom, finely diced (4 oz.)
- Kale (1 bunch, about 3 cups), torn into 1-2 inch pieces
- 15 oz. Part-skim Ricotta
- 2 cups part-skim mozzarella cheese
- 1 large egg
- 1/2 cup dry white wine
- 1 T dried basil (or 1/2 cup fresh)
- 1 (15oz) can pumpkin puree
- 2 cups spicy marinara sauce
- 12 Lasagna noodles

### Directions:

1. Preheat oven to 350F. (Unless freezing or cooking the next day).
2. Cook lasagna noodles in salted water, according to directions. Drain and lay lasagna noodles on a flat surface to cool.
3. Sauté onion and garlic with EVOO over medium heat until onion is translucent, approximately 5 minutes. Add mushroom and kale to skillet and cook down. Pour in wine and cook until reduced, approximately another 5-7 minutes. Season with salt,

pepper and herbs. Turn off the heat.

4. In a large mixing bowl, combine pumpkin, egg, ricotta cheese and 1 1/2 cups mozzarella cheese. Stir in kale mixture until well combined.

### Assembly:

1. Lightly coat a 9 X 13 baking dish with olive oil (for non-stick).
2. Lightly spread bottom of dish with 1/2 cup of marinara sauce.
3. Take 1/3 cup of filling and spread evenly over an entire noodle. Carefully roll and place seam side down into baking dish. Repeat with remaining noodles.
4. Top the rolled noodles with remaining sauce and mozzarella cheese.
5. Cover with aluminum foil and bake for 30-35 minutes. Remove foil and bake for additional 5 minutes, or until cheese is melted on top. Remove from oven and serve immediately!

(Make-ahead: to store or freeze, cover lasagna tightly with plastic wrap and then aluminum foil.)

## Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Lasagna Roll-up over a bed of kale (leftover from the recipe)	Lasagna Roll-up with 4-6 oz. of grilled chicken	Lasagna Roll-up over a bed of spinach (steamed)	Lasagna Roll-up with 4-6 oz. of grilled chicken	Lasagna Roll-up with a simple salad of choice