



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:

- 1 yellow onion
- 8 oz. fresh mushrooms (1 pkg.)
- Fresh parsley or basil for garnish

- 12 oz. (1 jar) roasted red sweet peppers
- Marinara sauce
- Extra virgin olive oil
- Salt and pepper

Staples/Pantry:

- Cornmeal (baking isle – stone ground or whole grain)

Protein/Dairy:

- 1 pkg. shredded, part-skim, mozzarella cheese

Veggie Polenta “Lasagna”

Ingredients

- 1 ½ cups cornmeal
- 1 Tbsp. extra virgin olive oil
- ½ yellow onion, thinly sliced
- 8 oz. fresh mushrooms, sliced
- 12 oz. (1 jar) roasted red sweet peppers, drained and cut into thin strips
- 1 ½ cups marinara sauce
- ¾ to 1 cup shredded, part-skim, mozzarella cheese
- Fresh parsley to garnish
- Salt and pepper

mixture, stirring constantly. Cook and stir until cornmeal returns to boiling. Reduce heat to low. Cook, uncovered, for 10 to 15 minutes or until very thick, stirring frequently. Spread evenly in an ungreased rectangular baking dish (lasagna pan) and cool. Cover and chill at least 30 minutes until firm (or overnight).

2. Veggies Preheat oven to 350 degrees. In a large skillet, heat 1 Tbsp. EVOO. Sauté onion over medium heat for 3 to 4 minutes or until translucent and fragrant. Add mushrooms and a dash of salt and pepper. Cook and stir about 5 minutes or until mushrooms are tender. Remove from heat. Stir in roasted peppers.

Directions:

1. Polenta Bring 2 ½ cups water to boil in medium saucepan. While water is heating up, combine cornmeal, 1 tsp. salt and another 1 ½ cups water in a small bowl. Once boiling, slowly add the cornmeal

3. “Lasagna prep” Spread marinara sauce evenly over chilled polenta. Top with vegetable mixture; sprinkle with cheese. Bake, covered, for 30 minutes. Bake an additional 10-15 minutes, uncovered, at 375 until cheese is browned and edges are bubbly. If desired, garnish with parsley or basil.

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Polenta Lasagna over spinach (reheat together for steamed spinach)	Polenta Lasagna with balsamic glazed grilled chicken (4-5oz)	Polenta Lasagna with kale salad	Polenta Lasagna topped with 4-5oz filet of salmon	Polenta Lasagna with (leftovers) grilled vegetables