CLEAN IT UP

EASY LUNCH THAT LASTS

A survey done by MacLean's Canada revealed that over 20% of Canadians skip lunch. Skipping meals has a direct impact on our energy and cognitive acuity, creates changes in blood sugar, and contributes to other harmful metabolic changes. It can be hard to take a break and pull yourself away from work for a bite to eat and making lunch can seem daunting! Choose lunches that create leftovers to store in the fridge for days to come.
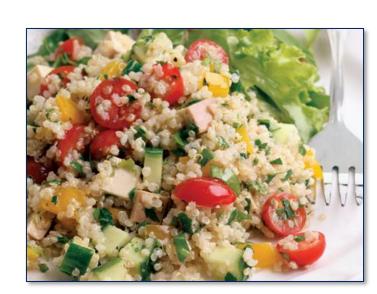
Quinoa is a nutrient-dense super seed that can be used in recipes to create easy, delicious, and energizing meals. Quinoa salad is an amazing protein-packed meal that can be made ahead of time and keeps in the refrigerator for days. Make easy lunches a part of your workday!

Quinoa, Tomato, and Tofu Salad
6 servings

Ingredients
1 package extra-firm tofu, diced
¼ cup reduced-sodium soy sauce
1 tbsp sesame oil
2 cups water
¾ tsp salt, divided
1 cup quinoa, rinsed well
¼ cup lemon juice
3 tbsp extra-virgin olive oil
2 small cloves garlic, minced
1/4 tsp freshly ground pepper
1 small yellow bell pepper, diced
1 cup grape tomatoes, halved
1 cup diced cucumber
½ cup chopped fresh parsley
½ cup chopped fresh mint

Directions
1. Preheat the oven to 400°F. Coat diced tofu with soy sauce and sesame oil. Place tofu on a baking sheet and bake for 25 minutes, turning halfway.

2. Bring water and 1/2 tsp of salt to a boil in a medium saucepan. Add quinoa and return to a boil.

3. Reduce to a simmer, cover, and cook until the water has been absorbed (15 to 20 minutes). Spread the quinoa on a baking sheet to cool for 10 minutes.

4. Meanwhile, whisk lemon juice, oil, garlic, the remaining 1/4 tsp of salt, and pepper in a large bowl. Add the cooled quinoa, tofu, bell pepper, tomatoes, cucumber, parsley, and mint. Toss well to combine.

Nutrition Info Per Serving: Cal 232 | Fat 10g | Carb 26g | Pro 9g | Fibre 4g | Sodium 537mg

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