



www.brownboxorganics.com

Create a Healthier Lunchbox

Dr. Karen Benton, Naturopathic Physician

Brown Box Organics not only offers free home or office organic produce and specialized grocery deliveries but also curbside pick up on call-ahead orders.

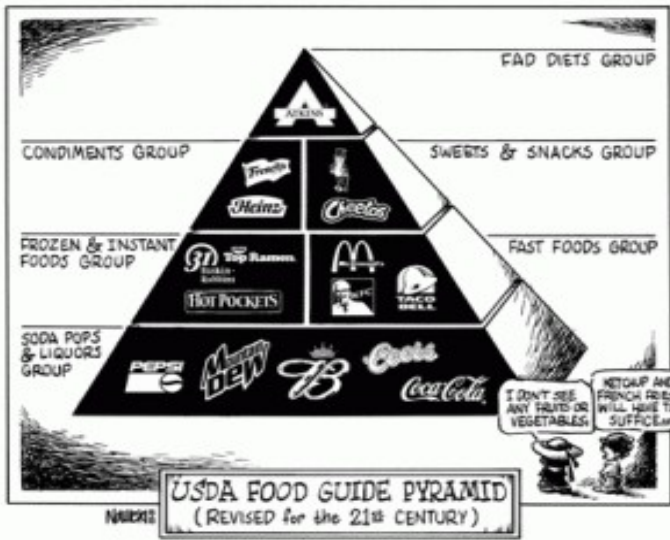
(208) 362-5677

The idea behind healthy lunchbox creativity is to create healthy, packable foods that taste good enough to resist any urges to go to the vending machine or fast food restaurant. It is also important to have at least 20 grams of protein, and a good balance of other foods as shown on the following nutritional pyramid. The most recommended foods are those shown at the bottom of the pyramid. This requires some pre-planning and preparation each week, but is well worth the effort in terms of your and your family's health.

CHOOSE THIS!



NOT THIS!



Spread

Tofu Sandwich

1 pound firm tofu
1-2 stalks chopped celery
1 –2 chopped green onions
½ cup Vegenaïse, Naysoya dijonaïse or mayonnaïse
1-2 T. tamari soy sauce
1 T lemon juice

Other optional ingredients to taste:
1/8 cup grated carrot
1-2 tsp. prepared mustard or dry mustard
garlic powder
1-2 T chopped sweet pickles or capers
1-2 tsp dry or fresh dill

Drain tofu block and freeze overnight. Thaw and cut into quarters. Squeeze out any moisture by hand, then wrap in paper towels and squeeze again. Crumble into a medium bowl. Add celery and green onion to the tofu. Stir in Vegenaïse, soy sauce and lemon juice until well blended. Make the night ahead to allow flavors to blend. Serve with toasted hearty-grain bread or crackers.

Nutritional analysis: Makes 4 servings, each serving: 158 calories (with Vegenaïse), 11g fat (1 g saturated), 0 mg cholesterol, 467 mg sodium, 5 g carbohydrate, 2 g fiber, 9 g protein.

Brown Rice Crisp Treats

Compliments of the weelicious website at . <http://weelicious.com/>

2/3 cup rice syrup
3 ½ cups organic crispy brown rice cereal
1/3 cup organic peanut butter
1/3 cup raw almond butter

In a large sauce pan, heat the brown rice syrup and nut butters over low heat and whisk until melted and combined –about 2 minutes. Remove from heat and pour over rice cereal in a large bowl. Stir with a plastic spatula until completely combined. Pour into a buttered (oiled) 8 “ x 8” pan and press down to flatten the top (you can use a plastic bag on your hand like a glove to press and flatten the treats.) Cool for 5 minutes, cut into bars and serve.

Nutritional analysis: Makes 16 squares, each square: 126 calories, 6 g fat (1 g saturated), 0 mg cholesterol, 50 mg sodium, 17 g carbohydrate, 1 g fiber, 3 g protein.

Maple Granola (recipe only, no samples)

Compliments of Martha Stewart adapted from Early Bird Foods

3 cups rolled oats
1 cup dried unsweetened coconut chips
1 cup pecans or walnuts, coarsely chopped
½ cup pure maple syrup
½ cup extra virgin olive oil
½ cup packed light brown sugar
¼ cup sesame seeds
1 tsp. coarse salt
¾ tsp. freshly grated nutmeg
½ cup golden raisins

Preheat oven to 300°. Mix together oats, coconut, nuts, syrup, oil, sugar, sesame seeds salt and nutmeg. Spread granola in an even layer on a rimmed baking sheet. Bake, stirring every 10 minutes, for 40 minutes. Add raisins, and bake until granola is toasted about 10 minutes more. Let cool completely. This can be stored at room temperature for up to two weeks. This is a high-energy , high glycemic index food.

Nutritional analysis: Makes 7 cups, each ½ cup serving 378 calories, 23 g fat (11 g saturated), 0 cholesterol, 18 g sodium, 42 g carbohydrate, 5.5 g fiber, 5 g protein.