

Healthy Lunches and Snacks

It's still nice outside, everyone's super busy, and there are so many different food choices online. We need to take advantage, but it's hard when we're all on the run...so, following the lead of the last Small Bites, here are some recipes for healthy snacks and lunches for the whole family.

LUNCH BOX SNACKS: MIX AND MATCH!

- 1 oz Cheese Curd or sliced Idaho White Cheddar** (*Ballard Cheese*)
- 1 oz Elk Teriyaki Jerky** (*CA Bull Elk Ranch*)
- 6 Cheese Crackers** (*Rolling in Dough*), or **BLT flax Bread** (*Julie Foods*)
- Cucumber slices** (*Cabalo, M & M Heath, Peaceful Belly Farm, Rice Family Farms, The Ecology Patch, The Seasonal Basket*)
- Cherry Tomatoes** (*Fair Mountain Farm, M&M Heath, Peaceful Belly, Prairie Sun Farm, Sleeping Bison Farm, Rice Family Farms, Waterwheel Gardens*)
- Carrot slices** (*Fair Mountain Farm, Prairie Sun Farm, Rice Family Farms, Wood River Organics*)
- Vegan Butter** (*Springs of Life*) or **Sweet Hempini Butter** (*Julie Foods*) with crackers or veggies!
- Cubed melon - watermelon, cantaloupe, honeydew, israeli cantaloupe** (*Rice Family Farms*)
- Berry cup - strawberries, raspberries, blackberries, currants or gooseberries** (*Peaceful Bely Farm, Sleeping Bison, The Berry Ranch, Waterwheel Gardens*)
- Sliced apples, pears, nectarines, peaches, plums or pluots** (*Waterwheel Gardens, Cabalo*)



SPINACH STRAWBERRY SALAD

- 1 pint strawberries, halved** (*Peaceful Belly Farms, The Berry Ranch, Waterwheel Gardens*)
- 10 oz fresh spinach - chopped, washed and dried** (*Fair Mountain Farm*)
- 2 oz feta style cheese** (*Ballard Cheese LLC, Blue Sage Farm*)
- Balsamic Vinaigrette to taste** (*Fair Mountain Farm*)
- Salt and freshly ground black pepper**

In a large salad bowl, combine spinach, strawberries, and feta. Drizzle with vinaigrette and toss to coat. Add salt and pepper to taste.

OPEN-FACED MEDITERRANEAN SANDWICH

- 2 slices Sprouted Wheat bread** (*Springs of Life*)
- 2 oz Idaho White Cheddar cheese, sliced** (*Ballard Cheese*)
- 4 tablespoons pesto sauce, basil or cilantro** (*Fair Mountain Farm*)
- 1 large tomato, sliced** (*Fair Mountain Farm, M&M Heath, Peaceful Belly, Prairie Sun Farm, Rice Family Farms*)
- 1/8 c. chopped fresh basil** (*Fair Mountain Farm, Peaceful Belly, Purple Sage, Sleeping Bison, Springs of Life, Ecology Patch*)
- Salt and freshly ground black pepper**
- Olive oil and balsamic vinegar to taste**



Spread pesto on bread, add cheese and tomato, toast at 400 deg. for 3-5 minutes, until cheese has melted. Remove from toaster oven and add basil, salt, pepper, oil and vinegar.

QUICK PASTA AND MEAT SAUCE

- 1 jar pasta sauce - Marinara, Puttanesca or Vodka Cream** (*Nomma's*)
- 1 package Garlic Basil Pasta** (*Serenity*)
- 1 lb ground beef** (*King's Crown Organics, Mesquite Cattle Co, Weiser River Signature Beef Co.*)
- 1/8 c. chopped fresh basil** (*Fair Mountain Farm, Peaceful Belly, Purple Sage, Sleeping Bison, Springs of Life, Ecology Patch*)
- 3 tablespoons olive oil**
- Salt and freshly ground black pepper**

In a large pot, heat the oil over medium high heat. Add the ground beef, stirring to mix and break up the meat. Cook until brown, about 10 minutes. Meanwhile, boil water and cook pasta as per instructions on the package (About 8 minutes), drain.



Pour pasta sauce into the pan with the meat, stir. Toss pasta with the meat sauce. Top with chopped basil, salt and pepper.

Imagine . . .

Knowing where your food comes from, who is producing it, and their ethics and farming practices
Working in support of the health of your local community food shed where energy stays local and supports our rural economy

