



Pizza Dip Bento Box

Servings: 1

Preparation Time: 10 minutes

Ingredients

1/4 cup O Organics® hummus
2 Tbs marinara
2 Tbs mozzarella shreds
8 pepperoni slices
1 oz O Organics® pita chips

1/4 cup baby carrots
1/4 cup cauliflower florets
1/8 cup celery sticks
orange or cutie

Directions

1. Assemble all ingredients in a container/container. Before eating, top the hummus with marinara, cheese and pepperoni. Refrigerate until ready to eat.

Pro Tips:

1. Try different toppings in the pizza hummus—ham and pineapple would be fantastic!
2. For easier mornings, pack your lunch the night before.



Apple Bowls with Chicken Salad

Ingredients:

1/2 cup Open Nature plain Greek nonfat yogurt
2 tsp O Organics Extra Virgin Olive Oil
2 tsp flavor ingredient (choose from lemon juice, mustard, pickle relish)
1/2 tsp salt free seasoning (such as Mrs. Dash Salt-Free Garlic & Herb)
2 cups diced skinless boneless rotisserie chicken

2 stalks celery, finely chopped
1/4 cup sliced or slivered almonds, toasted
1/4 cup surprise ingredients (i.e. Signature Farms dried cherries or dried cranberries)
Salt to taste (optional)
4 medium apples
Lemon juice (or other citrus juice)

1. In medium bowl, whisk together the yogurt, olive oil, flavor ingredient (like lemon juice), and salt free seasoning.
2. Stir in the diced chicken, celery, toasted almonds, and surprise ingredient (such as dried cherries or cranberries). Add salt to taste if desired.

3. Carefully trim the top ½-inch off a medium sized apple with a knife and set aside. Use a large spoon to scoop out the apple core and surrounding area, leaving about 1/3-inch of apple around the edges to make an edible apple bowl.
4. Drizzle some lemon juice around the top of the apple to keep it from browning. Fill the apple bowls with the chicken mixture and serve immediately or wrap well in plastic wrap or foil if packing them in a lunchbox. Keep the lunchbox cold with reusable cold pack.



To-Go Chicken Taco Salad

Turn last night's leftover chicken into a tasty salad for today's lunch! Feel free to use different options on the protein, but it's an easy toss and pack taco salad for kids. Layer this in a mason jar or a fun plastic to-go container. To keep the tortilla chips crispy, store the tortilla chips separately and stir them in right before the salad is served.

Ingredients:

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| 1/2 cup nonfat plain Greek yogurt | 2/3 cup O Organics canned kidney beans, rinsed and drained |
| 1 tsp O Organics extra virgin olive oil | 1/2 large avocado, diced |
| 1 1/2 tsp Signature Select taco seasoning (from packets), or similar | 2 Roma tomatoes, diced |
| 1 1/3 cups finely chopped chicken meat (boneless and skinless), from a rotisserie chicken or other | 1/2 cup shredded Lucerne sharp cheddar (or preferred cheese) |
| 2 Tbs finely chopped green onions (optional) | 3 cups O Organics spinach, loosely packed |
| | 2 cups O Organics Blue Corn Tortilla Chips, broken up into smaller pieces if desired. |

Directions:

1. In medium bowl, whisk yogurt together with olive oil and taco seasoning. Add a teaspoon or two of water if needed for desired consistency. Add in the diced chicken and green onions if desired and toss to blend well. Add to the bottom of your To-Go containers.



After School Chocolate Chip Oaties

Servings: 12

Ingredients

2 ripe bananas

2 Tbs almond butter

1 cup unsweetened applesauce

2 cups Quick One-Minute Oats

1 tsp ground cinnamon

1/2 cup dark chocolate chips

1/2 tsp kosher salt

Directions

1. Preheat oven to 350 degrees F
2. Mash bananas with the back of a fork. Mix in almond butter until evenly incorporated.
3. Stir in cinnamon, applesauce, oats and salt. Fold in chocolate chips
4. Drop by spoonfuls (about 2 tablespoonfulls) onto a baking sheet lined with parchment paper or a silpat. Press down in the middle just a bit
5. Bake for 30 minutes, until the tops are light brown. Let cool and store in an airtight container.



School Box Sushi

Servings: 1

Ingredients

4 thin slices of thinly sliced turkey or ham

1 string cheese

1/2 english cucumber

1/2 carrot

Directions

Cut carrot and cucumber into extremely thin, small sticks/strips (this is called julienne, and it means the stick is 2 1/2 inch by 1/8 inch by 1/8 inch). I think the easiest way is to always think: “sheets, sticks, cubes.” So, in other words, cut your 1/2 cucumber into sheets lengthwise, then into thin little sticks.

Line up 2 slices of turkey or ham (so there is reinforcement). Cut the string cheese in half lengthwise. Place 1/2 of the string cheese on the 2 slices, then add some of the strips of thinly sliced carrot and cucumber.

Carefully roll up the sushi away from you, tucking it tight at the end. Slice confidently (so you have a clean-looking Schoolbox Sushi!), and place in a container. Repeat with other two slices of turkey/ham. Enjoy by itself or with some ranch for dipping!



Lemon Walnut Tuna Wrap

Servings: 3

Preparation Time: 12 minutes

You'll get a nice dose of plant and fish omega-3s in this easy wrap (over 3 grams each) along with a serving of dark leafy greens. A creamy blend of olive oil, Greek yogurt and lemon juice create a healthful and flavorful alternative to mayonnaise.

Ingredients

1 12-ounce can Signature Kitchens® albacore tuna in water, drained (or 2, 6-ounce pouches)
1/4 cup chopped green onions
3 Tbs loosely packed chopped fresh parsley
1/3 cup green olives (pitted), quartered
1/2 cup Signature Kitchens® walnut pieces
1/2 cup cherry or grape tomatoes, quartered
2 Tbs *O Organics*® extra virgin olive oil

2 Tbs Open Nature® non-fat plain Greek yogurt
1/2 tsp lemon zest
2 Tbs lemon juice
1/4 tsp salt (optional)
1/4 tsp pepper (optional)
3 cups baby spinach, shredded kale, or power greens (pre-washed and ready to use)
3 whole wheat flour tortillas (45-60 grams each), about 8-inches across

Directions

In medium bowl, combine tuna, onion, parsley, olives, walnuts and cherry tomatoes, breaking up the tuna into smaller pieces with a fork.

In small bowl, whisk together olive oil, yogurt, lemon zest, lemon juice, and salt and pepper (if desired). Pour into bowl with tuna mixture and toss to combine.

Spread a third of the tuna mixture on top of each tortilla, leaving an inch of tortilla uncovered around the outside edge. Cover tuna mixture with a third of the mixed greens, kale or spinach. Wrap each up like a burrito, folding two ends in and then rolling the left side toward the right side. Cover each wrap in plastic wrap or foil and store in refrigerator until serving.