

Questa Del Rio News

QUESTA • RED RIVER • CERRO • COSTILLA • AMALIA • LAMA • SAN CRISTOBAL

BACK TO SCHOOL

As the back-to-school season kicks off, many parents are on the lookout for lunch ideas that are not only nutritious and nut-free, but also quick and easy to prepare. This collection of recipes caters to those needs, offering a variety of kid-friendly meals that ensure safety and satisfaction. Some of these creative lunch ideas can even be assembled using dinner leftovers, saving you time and effort, while reducing food waste. From DIY pizza lunchables to turkey club roll-ups and nacho kits, these recipes promise to make lunchtime a breeze for busy families, keeping your children energized and ready to tackle their school day.

All recipes listed are inspired by Kristen Chidsey, from amindfullmom.com and tested by real life toddler Sierra Trujillo.

DIY Pizza Lunchable

Ingredients:

- 1 mini-bagel or English muffin, halved
- 1 small container of pizza sauce
- 6-8 slices of pepperoni
- 1/4 c shredded mozzarella cheese
- 1 spoon for spreading

1. Prepare the ingredients:

- Cut the mini-bagel/English muffin in half and place it in a compartment of the lunch container.
- Fill a small container with pizza sauce and secure the lid tightly.
- Place the pepperoni slices in a small section of the lunch container or in a separate container to keep them fresh.
- Measure out 1/4 cup of shredded mozzarella cheese and place it in another section of the lunch container.

2. Packing the lunch:

- Arrange the bagel/English muffin halves, the container of pizza sauce, pepperoni slices, and shredded mozzarella cheese in the lunch container.
- Include a spoon for spreading the pizza sauce on the bagel or English muffin halves.

3. Optional additions:

- To round out the lunch, pack some fresh fruit, like apple slices, grapes,

or a banana.

- Add some fresh veggies such as baby carrots, cucumber slices, or cherry tomatoes for a balanced meal.

Instructions for your child:

- Spread the pizza sauce on the bagel/English muffin halves using the spoon.
- Top with pepperoni slices and shredded mozzarella cheese.
- Enjoy assembling and eating your mini pizzas at lunchtime!

Turkey Club Roll-Up

Ingredients:

- 1 large tortilla or flatbread
- 3-4 slices of deli turkey
- 1 leaf of lettuce, washed and dried
- 1 slice of cheese (cheddar or Swiss works well)
- 1/4 avocado, thinly sliced
- 2 slices of cooked bacon, crispy
- Optional: a small container of your favorite dressing or mayonnaise

1. Prepare the Ingredients:

- Lay the tortilla or flatbread flat on a clean surface.
- Place the lettuce leaf on the tortilla, covering most of the surface.
- Layer the deli turkey slices evenly over the lettuce.
- Add the slice of cheese on top of the

turkey.

- Arrange the avocado slices and crispy bacon strips over the cheese.

2. Assemble the Roll-Up:

- Starting from one edge, carefully roll the tortilla tightly, ensuring all the ingredients stay in place.
- If using dressing or mayonnaise, spread a thin layer on the tortilla before adding the lettuce, or pack it in a small container for dipping.

3. Packing the Lunch:

- Cut the roll-up in half for easier handling and place it in a lunch container.
 - Add fresh fruit such as apple slices, berries, or a banana.
 - Include a side of snap pea crisps or chips for a satisfying crunch.
- combine tomato wedges, peach slices, corn kernels, and basil leaves.
2. Dress salad: Drizzle the salad with olive oil and balsamic vinegar. Season with salt and pepper.
 3. Toss and serve: Gently toss to combine and sprinkle with crumbled Feta cheese. Serve immediately.



QuestaNews.com

Appearing in the August 2024 Issue