

Table

Around the

GO HEALTHY!

SMART LAYERING

Swap your same-old brown bag for these easy, make-ahead lunch combinations • BY SARAH DIGREGORIO

1 Miso Veggie-Soba

START WITH

• **Soba noodles:** Cook according to package directions; drain and rinse under cold running water.

THEN LAYER

• **Roasted veggies:** Preheat oven to 425°F. Peel, seed, and chop 1 large **butternut squash** into ½-inch pieces. Toss with 2 Tbsp **olive oil** and season with **salt** and **pepper**. Arrange evenly on a parchment-lined baking sheet. Roast until tender, about 40 minutes. Meanwhile, halve 1 lb **Brussels sprouts**; toss with 2 Tbsp **olive oil** and season with **salt** and **pepper**. Arrange, cut side down, on

a parchment-lined baking sheet. Roast 20 to 30 minutes, until browned.

• **Miso dressing:** Puree 1-inch knob **peeled ginger**, 1 **garlic clove**, ½ cup **white miso**, ½ cup plus 2 Tbsp **seasoned rice vinegar**, ½ cup **tahini**, 3 Tbsp packed **brown sugar**, and ½ cup **water**. (Add more water to achieve desired consistency.)

• **Sliced scallions**

2 Spicy Sausage and Kale

START WITH

• **Whole wheat couscous:** Cook according to package directions.

THEN LAYER



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• **Blanched kale:** Remove tough stems from 1 large bunch **kale**, then chop. Blanch in boiling, salted water 4 minutes, until tender and bright green. Drain, squeeze dry, and season with **salt**.

• **Canned chickpeas**

• **Spiced yogurt:** Whisk together 1 cup 2% **Greek yogurt** with 1 grated **garlic clove**. Season with **kosher salt**, **smoked paprika**, and fresh **lemon juice** to taste.

• **Cooked, sliced merguez sausage** (or other spicy sausage)

• **Roasted cashews**

3 Zesty Polenta

START WITH

• **Parmesan polenta:** Cook according to package directions; add grated **Parmesan** to taste.

THEN LAYER

• **Jarred marinara sauce**

• **Minced peperoncini**

• **Shredded rotisserie chicken**

• **Roasted red peppers:** Drain and chop.

4 Tex-Mex Shrimp

START WITH

• **Quinoa:** Cook according to package directions.

THEN LAYER

• **Jarred tomatillo salsa**

• **Frozen corn:** Steam; season with **salt**.

• **Diced avocado:** Toss in fresh **lime juice**.

• **Canned black beans**

• **Boiled shrimp**

• **Minced red onion**

TIP

Containers can be assembled the night before. They're good warm or cold—just stir and eat.